

Easy Italian Tortellini Soup

Yield: 6 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/ww-italian-vegetable-soup-recipe>

Ingredients:

- 1 teaspoon crushed garlic
- 1 can plum tomatoes
- 1 cup veggies frozen
- 2 cups frozen meatballs thawed
- 1 quart beef broth or stock
- 2 cups water
- 1/4 teaspoon oregano
- 1/4 teaspoon basil
- 1/4 teaspoon thyme
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 8 ounces tortellini

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 15 milligrams
4. Fat: 2.5 grams
5. Fiber: 3 grams
6. Protein: 9 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 860 milligrams
9. Sugar: 5 grams

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