

Rustic Italian Tortellini Soup

Yield: 5 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-rustic-italian-tortellini-soup>

Ingredients:

- 1 pound italian sausage Jimmy Dean ground pork
- 6 garlic cloves minced
- 29 ounces reduced sodium chicken broth 2 cans 14-1/2 ounces each
- 1 3/4 cups water
- 14 1/2 ounces diced tomatoes 1 can; undrained
- 9 ounces cheese tortellini 1 package; refrigerated
- 6 ounces baby spinach 1 package fresh, coarsely chopped
- 2 1/4 teaspoons fresh basil minced, or 3/4 teaspoon dried basil
- 1/4 teaspoon pepper
- 1 dash crushed red pepper flakes
- 1 teaspoon italian seasoning more or less to taste
- grated Parmesan cheese

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 95 milligrams
4. Fat: 33 grams
5. Fiber: 3 grams
6. Protein: 25 grams
7. SaturatedFat: 13 grams
8. Sodium: 1300 milligrams
9. Sugar: 3 grams

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