

## Tortellini & Zucchini Soup

Appetizer

Recipe courtesy EatingWell

Everyone knows tortellini make a quick weeknight pasta dinner—but they also add substance that turns this quick, colorful vegetable soup into a meal. One caveat: Read the label carefully; avoid pasta products made with hydrogenated oils or unnecessary preservatives. Enjoy this soup with a slice of multigrain baguette and a spinach salad.

**6 servings, about 1 1/2 cups each**

**Active Time:** 25 minutes

**Total Time:** 40 minutes

### Ingredients:

- 2 tablespoons extra-virgin olive oil
- 2 large carrots, finely chopped
- 1 large onion, diced
- 2 tablespoons minced garlic
- 1 teaspoon chopped fresh rosemary
- 2 14-ounce cans vegetable broth
- 2 medium zucchini, diced
- 9 ounces (about 2 cups) fresh or frozen tortellini, preferably spinach-&-cheese
- 4 plum tomatoes, diced
- 2 tablespoons red-wine vinegar

### Preparation:

- Heat oil in a Dutch oven over medium heat. Add carrots and onion; stir, cover and cook, stirring occasionally, until the onion is soft and just beginning to brown, 6 to 7 minutes. Stir in garlic and rosemary and cook, stirring often, until fragrant, about 1 minute. Stir in broth and zucchini; bring to a boil. Reduce heat to a simmer and cook, stirring occasionally, until the zucchini is beginning to soften, about 3 minutes. Add tortellini and tomatoes and simmer until the tortellini are plump and the tomatoes are beginning to break down, 6 to 10 minutes. Stir vinegar into the hot soup just before serving.

### Tips & Notes:

### Nutrition:

**Per serving:** 203 calories; 8 g fat (2 g sat, 4 g mono); 10 mg cholesterol; 28 g carbohydrates; 7 g protein; 4 g fiber; 386 mg sodium; 400 mg potassium. 2 Carbohydrate Serving

**Nutrition Bonus:** Vitamin A (80% dv), Vitamin C (35% dv).

**Exchanges:** 1 starch, 2 vegetable, 1 1/2 fat