

Rustic Italian Tortellini Soup

Taste of Home One-Dish Meals

Servings: 6

3 4-ounce Italian turkey Sausage links, casings removed
1 medium onion, chopped
6 cloves garlic, minced
2 cans (14 1/2 oz) reduced-sodium chicken broth
1 3/4 cups water
1 can (14 1/2 oz) diced tomatoes, undrained
1 package (9 oz) refrigerated cheese tortellini
1 package (6 oz) fresh baby spinach, coarsely chopped
3/4 teaspoon dried basil
1/4 teaspoon pepper
dash crushed red pepper flakes
Parmesan cheese (optional), shredded

Crumble sausage into a Dutch oven; add onion. Cook and stir over medium heat until meat is no longer pink. Add garlic; cook 1 minute longer. Stir in the broth, water and tomatoes. Bring to a boil.

Add tortellini; return to a boil. Cook for 7 to 9 minutes or until tender, stirring occasionally. Reduce heat; add the spinach, basil, pepper and pepper flakes. Cook 2 to 3 minutes longer or until spinach is wilted.

Serve with cheese if desired.

Yield: 2 quarts

Per Serving (excluding unknown items): 60 Calories; 1g Fat (16.4% calories from fat); 3g Protein; 11g Carbohydrate; 1g Dietary Fiber; 8mg Cholesterol; 64mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fat.