



Spinach Tortellini Soup

Fresh green spinach is complemented by a light chicken stock and flavorful tortellini. This easy-to-prepare soup is a great starter for any meal but makes a terrific light dinner with a side of salad and a crusty loaf of Italian bread.

4 servings

Ingredients

2 tablespoons extra virgin olive oil
¼ cup sweet onion, diced
¼ cup carrots, diced
2 garlic cloves, minced
4 cups chicken stock
1 large bunch fresh spinach, coarsely chopped
salt and pepper, to taste
½ pound tortellini
grated parmesan cheese, for garnish

Preparation

Heat a large saucepan over medium heat. Add the extra virgin olive oil and heat until shimmering. Add the diced onion, carrots and garlic and sauté until the onion is soft and translucent. Add the chicken stock and simmer vegetables for about 8 - 10 minutes, until carrots are tender.

Add the spinach and continue simmering the soup for about 5 minutes more.

Meanwhile, heat a large stockpot with water and bring to a boil. Add the tortellini and cook for 5 - 8 minutes until the tortellini rise to the top. Strain and add the tortellini to the soup. Serve hot with your favorite grated cheese.

[Chef's note: It is recommended that you cook the tortellini separately from the soup so the pasta doesn't soak up the soup stock. If you plan to prepare the soup in advance, you can make the soup base and add the tortellini right before serving.]

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