



Tortellini & Zucchini Soup

Makes 6 servings

2 Tbsp. olive oil
2 large carrots, finely chopped
1 large onion, diced
2 Tbsp. minced garlic
1 tsp. chopped fresh rosemary (or ½ tsp dried)
2 14-ounce cans low sodium chicken or vegetable broth
1 cup water
2 medium zucchini (or summer squash), diced
9 ounces (about 2 cups) fresh or frozen tortellini
4 plum tomatoes, diced
2 Tbsp. red-wine vinegar

- Heat oil in a large pot over medium heat. Add carrots and onion; stir, cover and cook, stirring occasionally, until the onion is soft and starts to brown, 6 to 7 minutes. Stir in garlic and rosemary and cook, stirring often, 1-2 minutes.
- Stir in broth, water 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.

Recipe adapted from *Eating Well* magazine

Nutritional Information:

Calories: 204 s	Total fat: 8g
Saturated fat: 2g	Cholesterol: 10mg
Carbohydrate: 28g	Fiber: 4g
Protein: 7g	