

Cheese Tortellini Soup

Cheese tortellini soup will warm you up on those cold winter days. Simmered with bits of zucchini, red bell pepper and chunks of tomato, this zesty and filling dish is dressed with grated Parmesan. Serve with fresh bread or a light salad.

Recipe Type: Pasta, Soup

Degree of Difficulty: Easy

Ingredients

1 tbs olive oil
1 medium zucchini, shredded
1 small onion chopped
1 med Red bell pepper cut into ¼-inch cubes
8 cups chicken broth
2 cups Three Cheese Tortellini
1 medium tomato, chopped
¼ cup basil, chopped
½ cup grated Parmesan cheese



Directions

- 1 In a large pot, heat the olive oil on medium.
- 2 Add the onions, red bell pepper and zucchini to the pot.
- 3 Cook until vegetables are tender but not mushy. About 4 minutes.
- 4 Add the chicken broth, tomatoes, pasta and basil to the pot.
- 5 Cook for about 7 to 8 minutes on medium heat or until Tortellinis are cooked through.
- 6 Sprinkle with cheese and serve.

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Nutrition Facts

Nutrition (per serving): 250 calories, 9.7g total fat, 3.8g saturated fat, 24.3mg cholesterol, 477.1mg sodium, 27.1g carbohydrates, 1.9g fiber, 3.3g sugar, 15.9g protein.

Servings: 6

Yield: 6 bowls

Weight Watchers Points

Note: The vegetables were not used when calculating any of the Weight Watchers Points.

Orig. WW Pts: 5

Points Plus: 6

Smart Points: 7

FreeStyle Smart Points: 7