



Nutrition Facts

Serving Size 1 1/2 cups

Amount Per Serving

Calories 400

% Daily Value

Total Fat 13g **20%**

Saturated Fat 9g **18%**

Cholesterol 35mg **12%**

Sodium 1350mg **56%**

Total Carbohydrate 53g **18%**

Dietary Fiber 3g **12%**

Protein 11g **22%**

Vitamin A % Vitamin C %

Calcium % Iron %



Total Time
**NOT
AVAILABLE**

Serving Size
1 12TH RECIPE

Difficulty
EASY

Yields
12

INSTRUCTIONS

1. Prepare soup with water as directed.
2. Sauté carrots, celery, garlic and Italian seasoning in oil for about 5 minutes or until softened.
3. Stir vegetable mixture and diced tomatoes into soup; bring to simmer. Simmer for 5 to 10 minutes or until vegetables are tender. Stir in tortellini and spinach. Cook for 2 to 3 minutes or until tortellini is heated through and spinach is wilted.



Tip

For each portion, ladle 1 1/3 cups (330 mL) into bowl; garnish with 1 tsp (5 mL) chopped parsley (if using).