



Nutrition Facts

Serving Size	1 12th recipe
Amount Per Serving	
Calories	400
% Daily Value	
Total Fat	13g20%
Saturated Fat	g0%
Cholesterol	35mg12%
Sodium	1350mg56%
Total Carbohydrate	53g18%
Dietary Fiber	3g12%
Protein	11g22%
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).