

live life well

with DuPage Medical Group



Tortellini Soup

INGREDIENTS

- Non-stick cooking spray
- 2 cups reduced-fat or lean Italian turkey sausage
- ½ cup finely diced onion
- ¼ cup red wine
- ½ Tbsp dried basil
- ½ Tbsp dried oregano
- 1 15-ounce can no-salt added diced tomatoes with juice
- 3 14.5 ounce cans fat-free, low sodium chicken broth
- 2 ½ cups uncooked whole-wheat cheese tortellini
- ½ tsp ground black pepper

DIRECTIONS

- 1) Coat a large soup pot with cooking spray. Add sausage and onion and cook over medium-high heat for 7 minutes or until sausage begins to brown.
- 2) Add wine to deglaze pan. Cook for 2 minutes or until wine is almost evaporated.
- 3) Add basil and oregano and cook for 1 more minute. Add tomatoes and broth. Bring to a boil then reduce heat and simmer for 5 minutes.
- 4) Add tortellini and pepper. Cook for another 10 minutes.

Nutrition Facts

7 servings per container

Serving size

Amount Per Serving

Calories **220**

% Daily Values*

Total Fat 8g	10%
Saturated Fat 2.4g	12%
<i>Trans</i> Fat 0.1g	
Cholesterol 50mg	17%
Sodium 560mg	25%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 16g	32%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.