

Italian Vegetable Tortellini Soup

1/2 cup celery, diced
1/2 cup carrots, diced
1/4 large onion, chopped
2 cloves garlic, minced
Handful of mushrooms, sliced
1 tablespoon olive oil
1/4 teaspoon dried Italian seasoning
Ground black pepper, to taste
Mrs. Dash or salt, to taste
2 tablespoons tomato paste
1 jar or can of tomatoes, diced, with liquid
6 cups chicken broth, homemade or low-sodium
Small head of broccoli, cut into florets
Small bunch of asparagus, cut into 2-inch pieces
9 ounces cheese tortellini, frozen or refrigerated
1/2 horseshoe link of Italian Turkey Sausage, sliced 1/4-inch thick (optional)
Grated Parmesan cheese, for serving

Dice, chop, mince, slice, and cut up all your veggies (and sausage if you use it). You can perfect your knife skills with this soup!

In a soup pot or Dutch oven over medium heat, add the olive oil and the celery, carrots, onion, garlic, and mushrooms. Sauté for about 5 minutes until starting to soften. Add the seasonings. Plop in two large spoonfuls of tomato paste into the skillet (about 2 tablespoons) then stir to combine with the vegetables. Continue cooking and stirring for a few more minutes.

Add the diced tomatoes then add the broccoli and asparagus, stirring to combine. Now pour in the chicken broth. Turn up heat and bring soup to a boil. Reduce heat to low, and simmer, stirring occasionally for about an hour to meld the flavors. In the last 15 minutes of cooking, add the tortellini and sausage, bring back up to a simmer, and continue cooking until tortellini is cooked through. Serve with grated Parmesan cheese, and Italian Sourdough bread. I decided to use the one tomato we had left in a side salad we also ate with the soup.

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