

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Meatball and Tortellini Soup

Makes 6 (1¾ cup) servings

This soup is loaded with vegetables and cooks in minutes. You'll love it with crusty bread on a cold winter's day.

Ingredients

1 teaspoon oil
1 medium onion, diced
2-3 carrots, peeled and diced
2 stalks celery, diced
1 green pepper, diced
1 tablespoon minced garlic **or** 1 teaspoon powdered garlic
1 (15-ounce) can low-sodium beef broth **PLUS** 3 cans of water
1 (15-ounce) canned no-salt-added diced tomatoes
1 (8-ounce) can low-sodium tomato sauce
½ (24-ounce) package frozen cooked turkey meatballs, diced
1 bay leaf
1 teaspoon Mrs. Dash®
1 (12-ounce) package frozen cheese tortellini

Directions

1. Heat oil in a large stock pot. Add onion, carrot, celery, green pepper and garlic. Saute for 4 minutes – do not brown.
2. Add beef broth then fill can with water three times and add to soup. Add tomato sauce, meatballs, bay leaf, Mrs. Dash. Simmer 15 minutes.
3. Add frozen cheese tortellini and simmer another 10 minutes. Serve.

Recipe Notes:

1. Try adding other vegetables like green beans, spinach, eggplant or squash.
2. Serve with a little parmesan cheese.

Nutritional Information per serving:

Calories: 235	Carbohydrates: 32g
Total Fat: 6g	Cholesterol: 38mg
Saturated Fat: 3g	Dietary Fiber: 4g
Protein: 15g	Sodium: 538mg