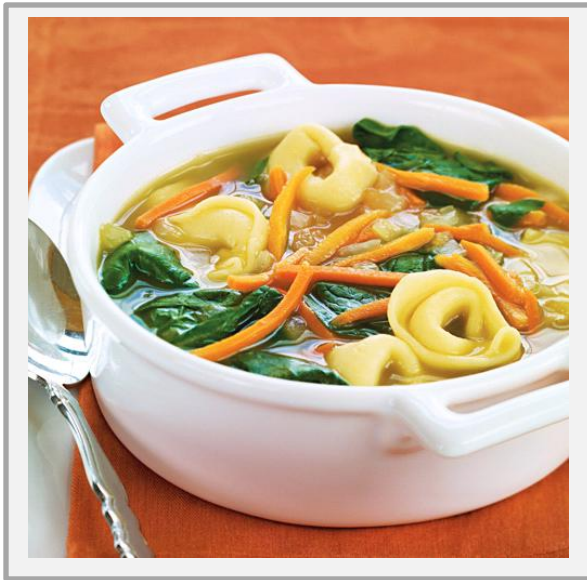


Spinach Tortellini Soup

Makes: 11 servings



Total Time: 20 minutes

Ingredients:

- ½ cup Food You Feel Good About Chopped Onions
- 1 pkg. (10 oz.) Matchstix Carrots
- 2 cartons (32 oz. each) Food You Feel Good about Chicken Culinary Stock
- 2 cups (about ½ of a 16 oz. pkg.) Wegman's Cheese or Beef Tortellini
- 1 pkg. (6oz.) Food You Feel Good About Baby Spinach
- Salt and pepper to taste

PREPARATION

1. Combine onions, carrots, and broth in stockpot; bring to boil on medium-high.
2. Add tortellini; reduce heat to medium. Simmer 3 min. Add spinach; simmer 4 min. until carrots are tender. Season to taste with salt and pepper.

Nutrition: 100 calories; 2g fat (1g sat fat); 10mg cholesterol; 17g carbohydrates; 5g protein; 2g fiber; 400mg sodium