

Creamy Chicken Tortellini Soup

Recipe makes 5 servings, each serving is:

470
kcal

18 g
fat

48 g
carbs

29 g
pro

Ingredients

- 2 chicken breasts, minced fine or ground
- 1 Tbsp olive oil
- 1.5 tsp fennel seed
- 1 tsp paprika
- 1 tsp Italian seasoning
- 1/2 tsp each of onion & garlic powder
- Pinch of red pepper flakes
- Salt & pepper
- 1 pkg (350 g) three cheese tortellini
- 1 c. each of carrots, celery, onion (diced)
- 2 bell peppers, chopped
- 2-3 c. spinach, chopped
- 3 cloves garlic, minced
- 1 Tbsp Italian seasoning
- 1 large can fire roasted tomatoes
- 1 pack (946 ml) chicken bone broth
- 1/2 c. 10% cream
- Optional: fresh parmesan cheese

Directions

1. In a large soup pot add some oil and the minced chicken breasts and fry until golden brown. Mix in all of the herbs/spices listed to make the ground chicken sausage mixture. Remove the chicken from the pot temporarily.
2. Add a bit more oil and fry the carrots, celery, and onions until starting to soften.
3. Add the can of tomatoes, garlic, and bell peppers. Bring the pot to a simmer.
4. Add the chicken bone broth and Italian seasoning. Bring to a simmer for around 15-20 minutes.
5. Add in the package of tortellini noodles, spinach, and cream. Cook for around 6-8 minutes until the tortellini noodles are soft.
6. Remove the soup from heat and let cool for a few minutes before serving.
7. Optional: add in some fresh parmesan cheese. Enjoy!

THE NUTRITIONIST

