



Full of nourishing warmth and comfort, Sarah's Easy Chicken Tortellini Soup is the perfect dish to kick off a healthy new year. Sarah Nasello / The Forum

Easy Chicken Tortellini Soup

Ingredients:

- 2 tablespoons olive oil
- 2 cups yellow onion, diced
- 2 cups carrots, sliced
- 1 cup celery, diced
- 3 cloves garlic, minced
- 1 teaspoon Italian seasoning (dried thyme also works)
- ¼ teaspoon crushed red pepper flakes
- 2 quarts chicken broth or stock
- 2 cups water
- 2 ½ cups cooked chicken, shredded or diced (I use the breast and wing meat from a rotisserie chicken)
- 1 (14.5-ounce) can fire-roasted diced tomatoes
- 9 ounces cheese tortellini
- 2 cups fresh baby spinach leaves
- 1 tablespoon fresh lemon juice
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- 2 tablespoons fresh parsley, finely chopped
- Parmesan cheese, to garnish

Directions:

Heat the olive oil in a large pot over medium heat. Add the diced onion and sauté, stirring often, until soft and translucent, about 6 to 7 minutes.

Add the carrots, celery and garlic. Stir until combined and continue cooking over medium heat for 4 minutes, stirring often. Stir in the Italian seasoning and crushed red pepper flakes and cook for 1 more minute.

Add the chicken broth, water, cooked chicken and diced tomatoes. Increase the heat to high and bring the soup to a boil; reduce to medium-low and let the soup simmer for 10 minutes.

Add the tortellini and cook for 5 minutes. Add the spinach and cook until wilted, about 4 minutes.

Add the lemon juice, salt and pepper; stir and continue cooking over medium-low heat for 2 minutes. Add the chopped parsley and serve immediately with Parmesan cheese to garnish.

Sarah's Tips:

- Instead of spinach, you could also use kale or Swiss chard.
- If you don't have lemon juice, use cider or white vinegar.
- For leftovers: the tortellini will soak up the soup's broth over time, so you may need to add more chicken broth or water when reheating any leftovers.

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"Home with the Lost Italian" is a weekly column written by Sarah Nasello featuring recipes by her husband, Tony Nasello. The couple owned Sarello's in Moorhead and lives in Fargo with their son, Giovanni. Readers can reach them at sarahnasello@gmail.com.