



Tortellini, Sausage, and Spinach Soup

Preparation Time: 5 mins

Cooking Time: 20-25 mins

Serves: 4

Difficulty: Easy

INGREDIENTS

1lb/450gm ground Italian sausage
3lb/1.36kg Fresh Tortellini
1 yellow onion diced
5 cups chicken broth
3 tblspns flour
2 cups baby spinach, stems removed
1 cup heavy cream
1 tspn dried basil
½ tspn oregano
½ tspn mustard powder
Pinch of cayenne pepper
Pinch of red pepper flakes
¼ tspn pepper
Dash of hot sauce

Tips

- Costco has a Five Cheese Tortellini that is fantastic

COOKING DIRECTIONS

1. In a medium size pot, heat a small amount of olive oil. Break the sausage up into pieces and saute on med-high heat.
2. Add onion part the way through and cook until softened.
3. Add garlic and cook for 1 minute.
4. Add flour, stirring until everything is coated and no longer looks white.
5. Add the basil, oregano, mustard powder, pepper, and cayenne, mixing well.
6. Add chicken broth, stirring until mixed well.
7. Add cream and bring to a boil.
8. Add the tortellini, continue cooking until cooked through. Cooking time refer to package.
9. Add spinach and cook until slightly wilted.
10. Optional – add hot sauce to preferred taste level

Additional Tips

This soup is quite thick. For a more liquid consistency add more cream and chicken broth.

Spinach can be replaced with Kale.