



EatingWell

Sausage, Spinach & Tortellini Soup



Full of a comforting tomato base and plenty of fresh spinach, the spicy sausage is a zingy, flavorful addition to this easy soup recipe. If you want to make the soup ahead of time, save the tortellini for shortly before serving so that it doesn't get soggy and break apart.

Julia Levy

Total: 40 mins

Active: 30 mins

Servings: 6

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Ingredients

- 1 tablespoon olive oil
- 12 ounces hot or mild Italian turkey sausage, casings removed
- 1 ½ cups chopped yellow onion (from 1 medium onion)
- 1 tablespoon minced garlic
- ¼ cup (2 ounces) dry white wine or rosé
- 1 (28 ounce) can no-salt-added crushed tomatoes
- 4 cups unsalted chicken broth
- 1 (9 ounce) package refrigerated three-cheese tortellini
- ½ teaspoon kosher salt

Directions

Heat oil in a large saucepan over medium-high. Add sausage; cook, stirring to crumble, until lightly browned, about 7 minutes. Add onion; cook, stirring often, until softened, about 3 minutes. Add garlic; cook, stirring constantly, 1 minute. Add wine; cook, undisturbed, until mostly evaporated, about 1 minute. Add tomatoes and broth; bring to a boil over high. Reduce heat to medium; simmer, partially covered, 15 minutes. Increase heat to medium-high; add tortellini and salt. Bring to a simmer over medium-high. Reduce heat to medium; simmer, stirring occasionally, until tender, about 7 minutes. Add spinach, stirring gently until wilted, about 1 minute. Remove from heat; stir in basil.

Nutrition Facts

Serving Size: 1 1/2 cups

Per Serving: 337 calories; protein 22g; carbohydrates 34g; dietary fiber 6g; sugars 7g; fat 12g; saturated fat 4g; calcium 101mg; potassium 67mg; sodium 739mg.

3 cups packed fresh spinach,
roughly chopped

2 ½ tablespoons chopped fresh
basil

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