



Tortellini Soup

TORTELLINI SOUP

Ingredients

- 1 tsp vegetable oil
- 1 lb (500 g) **Extra Lean Ground Beef**
- 2 cups (500 mL) sliced white button mushrooms
- 1 small onion, diced
- 1/2 tsp EACH salt and pepper
- 2 medium carrots, peeled and diced
- 2 medium celery stalks, diced
- 1 cup shredded baby spinach
- 1 can (28 fl oz) diced tomatoes
- 6 cups water
- 1 tsp salt and pepper
- 2 cups cheese tortellini or whole wheat macaroni

Cooking Directions

- **Heat** oil in a deep soup pot on medium-high. Brown beef for 5 minutes, breaking beef into a crumble with the back of a spoon. Stir in mushrooms, onion, salt, pepper, carrots, celery and spinach. Cook for 3 minutes.
- **Stir** in diced tomatoes, water, salt and pepper. Bring to a boil and reduce to medium. Simmer for 5 minutes. Stir in tortellini and cook for 7 minutes or until noodles are just cooked.

Tip: This recipe is a great way to get creative in the kitchen. Try adding your favourite vegetables. Some great alternative options are cabbage or peas. Use what you have available in your fridge or freezer.



Shopping List

- Canola oil (vegetable oil)
- 1 lb (500 g) Extra Lean Ground Beef
- White button mushrooms
- 1 small onion
- 2 medium carrots
- 2 medium celery stalks
- Baby spinach
- 1 can (28 fl oz) diced tomatoes
- Cheese tortellini or whole wheat macaroni

All online lessons are led by nutrition and food skills educator, Andrea Villneff BASc, PHEc, Chef.

Cook along with us:, just click!

