
TORTELLINI & ZUCCHINI SOUP

2 tablespoons	Extra-virgin olive oil
2 large	Carrots, finely chopped
1 large	Onion, diced
2 tablespoons	Garlic, minced
1 teaspoon	Fresh rosemary, chopped
2 14-ounce cans	Vegetable broth
2 medium	Zucchini, diced
9 ounces	Fresh or frozen tortellini, preferably spinach-&-cheese
4	Plum tomatoes, diced
2 tablespoons	Red-wine vinegar

- Heat oil in a Dutch oven over medium heat. Add carrots and onion; stir, cover and cook, stirring occasionally, until the onion is soft and just beginning to brown, 6 to 7 minutes.
- Stir in garlic and rosemary and cook, stirring often, until fragrant, about 1 minute.
- Stir in broth and zucchini; bring to a boil. Reduce heat to a simmer and cook, stirring occasionally, until the zucchini is beginning to soften, about 3 minutes.
- Add tortellini and tomatoes and simmer until the tortellini are plump and the tomatoes are beginning to break down, 6 to 10 minutes. Stir vinegar into the hot soup just before serving.

Serves 6

Nutrition per serving: 203 Calories; 28g Carbohydrates; 8g Fat, 7g Protein, 386mg sodium