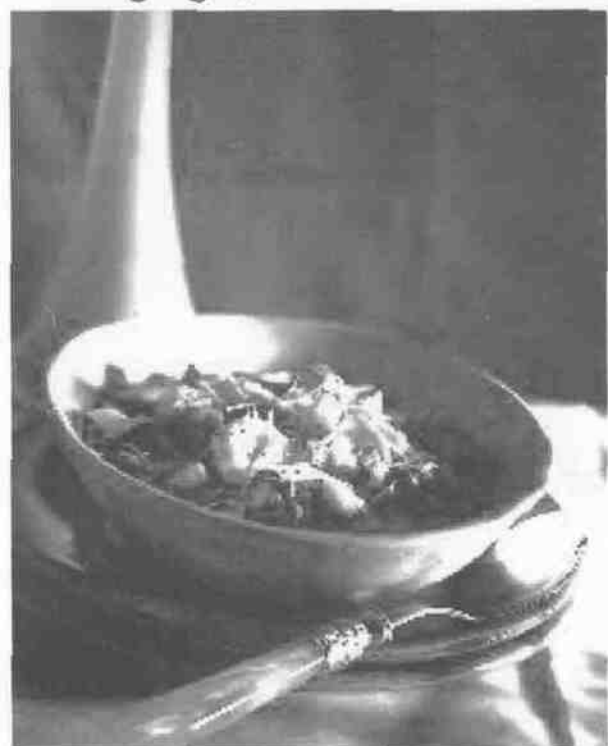


Tortellini, White Bean, and Spinach Soup

Cooking Light, November/December 1997



Servings: 6

Mark and I enjoy this soup as a meal in itself.

- 1 teaspoon olive oil**
- 2 cups chopped onion**
- 1/2 cup chopped red bell pepper**
- 1 teaspoon dried Italian seasoning**
- 3 cloves garlic, minced**
- 2 cups spinach, chopped**
- 2/3 cup water**
- 1 (16 oz) can navy beans, drained**
- 2 cups Fresh Vegetable Broth (see recipe)**

OR

- 1 (14 1/2-ounce) can vegetable broth**
- 1 (14.5-ounce) can no-salt-added whole tomatoes, undrained and chopped**
- 1 (14-ounce) can quartered artichoke hearts, drained**
- 1 (9-ounce) package uncooked fresh cheese tortellini**
- 1/4 cup (1 ounce) grated fresh Parmesan cheese**

Heat oil in a large Dutch oven over medium-high heat. Add chopped onion, bell pepper, seasoning, and garlic; sauté 5 minutes or until tender. Add spinach and next 5 ingredients (spinach through artichokes); bring to a boil. Reduce heat; simmer 2 minutes. Add tortellini; cook until thoroughly heated. Sprinkle with cheese.