

# Sausage Tortellini Soup

## Sausage Tortellini Soup



Serves 10 – 1 cup servings

With turkey sausage and fat free half and half 5 points/172 calories per cup

Pork sausage and regular half and half 9 points/240 calories per cup

- 1 pound ground Italian sausage (hot or mild)
- 1 small yellow onion (diced)
- 3 cloves garlic (minced)
- 3 Tablespoons flour
- 1 teaspoon dried basil
- $\frac{1}{2}$  teaspoon oregano
- 1 pinch cayenne (optional)
- 1 teaspoon hot sauce
- $\frac{1}{2}$  teaspoon mustard powder
- $\frac{1}{4}$  teaspoon pepper
- 1 pinch red pepper flakes
- 1 cup regular or fat free half and half
- 5 cups chicken broth
- 2 cups kale or baby spinach (chopped)
- 2 cups refrigerated tortellini (just under 10 oz.)
- Salt/ to taste

1. Note: The mustard powder and hot sauce are so subtle in this soup but help enhance the other flavors, so

although you may be hesitant to add them, I highly recommend it!

2. Remove the casings from the sausage if you purchased links. Cook and crumble the sausage and diced onions over medium-high heat until the onions are softened and the sausage is cooked through, 8-10 minutes. Drain grease. Add the garlic and cook for 1 minute.
3. Add the flour and cook for 1-2 minutes to remove the raw flour taste.
4. Add basil, oregano, cayenne, hot sauce, mustard powder, pepper, and red pepper flakes. Stir to combine.
5. Add the chicken broth and use a silicone spatula to "clean" the bottom of the pot. Slowly stir in the half and half. Bring to a boil, reduce to a simmer.
6. Add the kale or spinach and tortellini and simmer for 3-5 minutes. (If your tortellini needs longer cooking time, add the tortellini first, then the kale during the last 5 minutes.)
7. Taste the soup and add salt if desired. Start with  $\frac{1}{4}$  tsp and add more after that if needed.
8. Transfer to serving bowls and serve!

Soup  
soup