

Tortellini Soup

SIMPLE RECIPE

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 medium yellow onion, diced
- 2 medium carrots, chopped
- 1 fennel bulb, diced
- ½ teaspoon sea salt, plus more to taste
- Freshly ground black pepper
- 2 teaspoons balsamic vinegar
- 2 garlic cloves, minced
- 1 (28-ounce) can diced tomatoes
- 3½ cups vegetable broth
- 1 tablespoon fresh thyme leaves
- ¼ to ½ teaspoon red pepper flakes
- 9 to 12 ounces cheese tortellini,
- or vegan tortellini
- 5 cups torn kale
- Dollops of Kale Pesto
- ½ cup chopped fresh parsley or basil

Directions

1. Heat the oil in a large pot over medium heat. Add the onion, carrots, fennel, salt, and a few grinds of black pepper and cook, stirring, until the vegetables begin to soften, about 8 minutes.
2. Add the balsamic vinegar, garlic, tomatoes, broth, thyme, and red pepper flakes. Cover and simmer for 30 minutes, or until the vegetables are tender.
3. Meanwhile, cook the tortellini in a pot of salted boiling water according to the package directions until al dente. Add the tortellini and the kale to the soup and simmer for 2 more minutes.
4. Season to taste with about ¼ to ½ teaspoon more salt and a few generous grinds of pepper.
5. Serve in bowls with scoops of the kale pesto and sprinkle with fresh parsley.

Recipe from: Love and Lemonse

