

CO-OP MEALS

Under 10 dollars

Tomato Tortellini Soup

Adapted from thekitchn.com; Serves 4-6

Shopping List:

- 1 medium yellow onion
- 4 cups (32 ounces) chicken or vegetable broth
- 28-ounce can crushed tomatoes
- ½ cup heavy cream
- 1 box Barilla 3-cheese tortellini (or similar)

Pantry items:

- 2 tablespoons butter
- 2 cloves garlic
- 1 tablespoon balsamic vinegar
- 2 bay leaves
- Salt and pepper, to taste
- Optional: ½ cup fresh basil leaves, finely chopped

Prep:

Dice the onion and mince the garlic.

Cook:

Add butter to a dutch oven or stock pot and melt over medium-low heat. Add onion and cook 4-5 minutes, stirring occasionally.

Add vinegar, can of crushed tomatoes, broth, and bay leaves to the pot. Bring to a boil then reduce heat and simmer for 5 minutes. Add cream and tortellini and simmer until tortellini is cooked through (about 5 minutes, check for doneness).

Remove from heat, discard bay leaves and stir in fresh basil, if using.

To make ahead, do not add tortellini and cream. Simply store soup for 1-3 days (or freeze) until ready to serve, then bring to a simmer and follow recipe from "add cream and tortellini".

Tips and Hints

From Co-op Nutrition Specialist Hannah Brilling

• Using fresh tomatoes

While they're in season, consider using fresh instead of canned. Measure 4-5 cups of roughly chopped tomatoes. If you have an immersion blender, no need to remove skin and seeds. If not, consider removing both prior to cooking.

Add tomatoes to the pot at the same point in the recipe on the opposite page with other ingredients as described. Simmer for 15 minutes, or until tomatoes have reduced and are tender. Use immersion blender to smooth any chunks of skin or tomato flesh.

Resume recipe, adding cream and tortellini if serving immediately.



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FOOD STORES