

Lemon Thyme Tortellini Soup



Serves: 4-6

Skill Level: Easy

Time:

Hands on (active): 35 min

Flavor Fusion Time (inactive): 0 min

Ingredients:

- 2 celery stalks, diced
- 1 red bell pepper, diced
- 2 carrots, diced
- 1 medium shallot, sliced thin
- 4 baby bella mushrooms, sliced thin
- 1 Rotisserie chicken, shredded, save 1/2 for another meal.
- 2 cups of kale, chopped
- 1 cup spinach, chopped
- 1 can (15.5oz) of Great Northern Beans
- 8 cups of liquid (any combination of vegetable stock, chicken stock, or water)
- 1 package of five cheese tortellini
- 2 Tbsp Fennel & Fire Lemon Thyme salt-free seasoning
- 1 tsp Fennel and Fire Herb Salt
- 1/2 tsp black pepper
- 1 fresh lemon quartered

Instructions:

1. In a large soup pot or Dutch oven, sauté the red pepper, celery, and carrots over medium heat until softened. Add the shallots and mushrooms, and cook for 2 minutes, stirring occasionally.
2. Pour the liquid, then stir in Fennel and Fire Lemon Thyme seasoning and Herb Salt. Increase the heat and bring the mixture to a boil. Reduce heat to medium-high.
3. Add the kale and five cheese tortellini to the pot. Cook for about 4 minutes or until the ravioli is tender.
4. Stir in the spinach and shredded chicken, allowing the spinach to wilt and the chicken to heat through.
5. Add the black pepper. Taste and adjust the seasoning as needed.
6. Serve in bowl; squeeze fresh lemon juice (about 1/4 of a lemon) over each bowl of soup before serving. Enjoy immediately!

Tips:

- Skip the chicken and only use vegetable broth to make it a vegetarian dish.
- Skip the herb salt to make it a low sodium soup.

EXCITE YOUR TASTE BUDS,
FennelandFire.com *naturally*