



Kale Tortellini Soup

2 oz. olive oil
3 oz. white onions, chopped
3 quarts sodium free chicken stock
8 oz. Kale leaves, chopped
6 oz. cheese tortellini
1 medium tomato, chopped
1 pinch dry oregano

In a pot, heat olive oil.

Add chopped white onions, sauté until translucent.

Add chicken stock, bring to boil.

Add chopped kale leaves & tortellini – cook mixture for 10-12 minutes.

Add oregano, chopped tomato, cook 1 minute more.

Add salt & pepper to taste.

(NOTE: Prep times can vary by equipment. Be sure to check that meat is fully cooked.)

