



## JERNEJ KITCHEN

# VEGETABLE TORTELLINI SOUP

*Vegetable Tortellini Soup is a light vegetarian meal that you can make in half an hour. Perfect for a busy weeknight family dinner.*

SERVES	4	PEOPLE
PREPARATION:	5	MINUTES
COOK:	30	MINUTES
TOTAL TIME:	35	MINUTES

### VEGETABLE TORTELLINI SOUP

2 tbsp olive oil

1/2 onion

1 tbsp all-purpose flour

1/2 tsp sugar

2 garlic cloves, minced

2 carrots, cut into 1/2 inch (1 cm) chunks

200 g (3/4 cup) tomato passata

1000 ml (4 cups) water or vegetable broth

1/4 tsp thyme

1/2 tsp oregano

200 g (1 1/4 cup) cooked chickpeas

200 g (1 1/4 cup) cooked small white beans

250 g (1/2 pound) cheese tortellini

1 tbsp fresh parsley, chopped

### MAKE THE SOUP

Add olive oil to a pot and place over medium heat. Add diced onion, flour, and sugar. Cook for 5 minutes, stirring occasionally. Add the minced garlic and carrots. Saute for 5 minutes. Add the tomato passata, water (or [vegetable broth](#)), thyme, oregano, and season with salt and pepper. Cover the pot with a lid and leave to simmer for 15 minutes.

### ADD THE LEGUMES

Add cooked and drained chickpeas, cooked and drained white beans, and tortellini to the pot. Bring to a boil, then cook for 5 minutes or until the tortellini cook.

### SERVE

Before serving, season the soup with salt and pepper to taste. Divide between four plates and sprinkle with chopped parsley. Optionally add a drizzle of olive oil and some shredded parmesan cheese on top or a teaspoon of ricotta cheese.

### TOOLS AND EQUIPEMENT

kitchen knife  
cutting board  
pot