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## Chicken Tortellini Soup

### Ingredients:

- 4 cups low sodium chicken broth
- 1 cup mixed vegetables, frozen
- ¼ teaspoon thyme
- ¼ teaspoon marjoram
- ¼ teaspoon basil
- 1 cup cooked chicken, cubed
- 1 cup cheese tortellini

*Makes 6 servings - 15% calories from fat*

### Instructions:

1. In a large saucepan, combine broth, vegetables and seasonings.
2. Bring to a boil. Add tortellini, reduce heat and simmer 12 to 25 minutes or until vegetables and tortellini are tender.
3. Add cooked chicken to soup and heat through.

### Notes:

- Changes can be made in spicing: One suggestion would be ¼ tsp celery seed, ½ tsp dill weed and 1 tsp. minced onion, or try your favorite combination.
- Additional leftover vegetables could also be added to or used in place of frozen.
- Can use leftovers from a store-bought rotisserie chicken or chicken you have cooked yourself.

Nutrition Facts	
Serving Size 1 1/4 cup	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 120	<b>Calories from Fat</b> 20
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 480mg	<b>20%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 2g	
<b>Protein</b> 12g	
<b>Vitamin A</b> 6%	• <b>Vitamin C</b> 2%
<b>Calcium</b> 4%	• <b>Iron</b> 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 85g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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