



## Spinach and Mushroom Tortellini Soup

This definitely falls under the “comfort soup” category for us. It’s creamy, but not too thick, full of fall veggies, and enough pasta to satisfy. If you want it a little thicker, then add a bit less veggie broth.

### Ingredients:

- 5 oz. Mushroom Tortellini’s
- 3 cups of Raw Spinach (Stems removed and roughly chopped)
- 3 – 4 cloves of Garlic (minced)
- 2 – 3 medium Carrots (sliced)
- 1 medium Onion (diced)
- 5 cups of low sodium Vegetable Broth/Water (I typically use 4 cups of broth and 1 cup of water)
- 3 tablespoons of olive oil
- 1/4 cup of All-Purpose Unbleached Flour
- 1/2 teaspoon of Italian Seasoning
- 1 pinch of Red Chili Flakes
- 1/2 cup of Cashew Milk
- Salt and Pepper to taste

### Instructions:

In a large pot, heat olive oil on a low to medium heat and add in carrots and onions. Sauté for about 10 – 15 minutes or until carrots have softened a bit. Then add in garlic, Italian seasoning, and red chili flakes and sauté for a couple more minutes. Add flour, coating all the veggies and stir constantly for 2 – 3 minutes.

If the bottom of your pan is dry, then you may want to add one more tablespoon of butter because you don’t want the veggies to stick to the bottom of your pot.

Slowly pour in your vegetable broth and stir. It will thicken, only slightly. Increase the heat to medium and once your broth comes to a boil, then add in your mushroom tortellini’s. Allow them to boil for about 7 – 8 minutes or until they are just about done.

Then, reduce heat to low, stir in your half and cashew milk and spinach, and let simmer for a couple more minutes. Add Sea Salt/Ground Black Pepper to taste.