



FCS FOUNDATION

Tortellini Soup

The basis of this hearty soup is cheese tortellini and beans, with any other vegetables that you enjoy. I am including my favorites here. This is a perfect soup that will transition into spring/summer.

Ingredients:

- 6 cups fat-free beef broth
- 1 15 oz can petite diced tomatoes
- 2 carrots, cut into thin coins
- 2 celery stalks, sliced thin
- 2 zucchini, quartered and chopped
- 1 small onion, chopped
- 1 9 oz package Buitoni cheese tortellini (spinach or white)
- 1 15 oz can garbanzo beans, rinsed
- 1 15 oz can white, great northern or cannellini beans, rinsed
- 1-2 handfuls of fresh spinach



Directions:

In a large stockpot, combine vegetables (except spinach and including tomatoes) and broth; bring to a boil; boil for 5 minutes.

Add tortellini and beans and boil for 8 additional minutes.

Add spinach and continue cooking for 1-2 minutes.

Serve with a sprinkle of parmesan cheese, if desired, and enjoy with salad and whole wheat bread.

Nutrition Information:

Serving Size: 1/5 recipe (15-26 tortellini pieces)

Total fat per serving: 4 grams

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Our mission

To establish a global support network to promote advocacy and education for patients and caregivers living with Familial Chylomicronemia Syndrome (FCS)