

Creamy Spinach Tortellini Soup: Comfort in Every Spoonful

Creamy Spinach Tortellini Soup



TIME
5-7 min

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INGREDIENTS

1 tablespoon olive oil
1 medium yellow onion, chopped
2 cloves garlic, minced
4 cups chicken broth or vegetable broth (low sodium recommended)
1 (14.5 ounce) can diced tomatoes, undrained
1 teaspoon dried basil
1/2 teaspoon dried oregano
1/2 teaspoon salt (or to taste)
1/4 teaspoon black pepper
1 (9 ounce) package refrigerated cheese tortellini
5-6 ounces fresh baby spinach
1/2 cup heavy cream (or half-and-half)
1/4 cup grated Parmesan cheese, plus more for serving
Optional: Cooked, shredded chicken or Italian sausage (see notes)
Optional Garnish: Fresh basil or parsley, red pepper flakes

DIRECTIONS

1. Let's get this comforting : Creamy Spinach Tortellini Soup simmering!
2. SautØ Aromatics: In a large Dutch oven or heavy-bottomed pot, heat the olive oil over medium heat. Add the chopped onion and cook for 5-7 minutes, stirring occasionally, until softened and translucent. Add the minced garlic and cook for 1 minute until fragrant.
3. Build : Broth Base: Pour in the chicken or vegetable broth and the undrained diced tomatoes. Stir in the dried basil, dried oregano, salt, and black pepper. Bring the mixture to a gentle simmer.
4. Add : Protein (Optional): If using cooked shredded chicken or cooked Italian sausage, stir it into the soup now.
5. Cook : Tortellini: Add the refrigerated cheese tortellini to the simmering soup. Stir well to ensure the tortellini is submerged. Reduce heat to medium-low, cover the pot, and simmer for 10-12 minutes, or until the tortellini is tender and cooked through (check package directions for specific cooking time). Stir occasionally to prevent sticking.
6. Add : Spinach & Cream: Stir in the fresh baby spinach, a handful at a time, allowing it to wilt down before adding more. Once all spinach is wilted, stir in the heavy cream (or half-and-half) and 1/4 cup of the grated Parmesan cheese. Stir until the cheese is melted and the soup is smooth and creamy. Bring the soup back to a gentle simmer (do not boil rapidly once dairy is added).
7. Serve & : Garnish: Taste and adjust seasoning (salt, pepper) if needed. Ladle into bowls, garnish with

extra grated Parmesan cheese and fresh basil or parsley. Serve hot.

SWAPS & NOTES

) Optional Garnish: Fresh basil or parsley, red pepper flakes
Swaps and Notes Broth: Use low-sodium chicken or vegetable broth to control the saltiness.
Good quality broth is important as it forms the base of the

soup's flavor.

Tomatoes: Diced tomatoes add a nice texture and acidity.
You can use crushed tomatoes for a smoother soup.

TIPS FOR SUCCESS

Don't Overcook Tortellini: Tortellini cooks quickly!

Add it towards the end of simmering and cook only until tender to prevent it from becoming mushy.

Wilt Spinach Gradually: Add the spinach in batches to allow it to wilt down, making it easier to incorporate into the soup.

Gentle Simmer with Dairy: Once you add the cream (or half-and-half), keep the heat low and maintain a gentle simmer to prevent the dairy from scorching or curdling.

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