



# TORTELLINI EN BRODO (AKA SOUP FOR THE SOUL)

with Shredded Brussels Sprouts, Kale,  
and Parmesan Cheese

PREP: 10 MIN  
TOTAL: 30 MIN

LEVEL 1

VEGGIE

NUT  
FREE



## HELLO “EN BRODO”

Italian for “in broth”



### INGREDIENTS:

- Brussels Sprouts
- Kale
- Garlic
- Yellow Onion
- Veggie Stock Concentrates
- Cheese Tortellini (Contains: Milk, Wheat, Eggs)
- Parmesan Cheese (Contains: Milk)

### FOR 2 PEOPLE:

- 8 oz
- 4 oz
- 2 Cloves
- 1
- 2
- 9 oz
- ½ Cup

### FOR 4 PEOPLE:

- 16 oz
- 8 oz
- 4 Cloves
- 2
- 4
- 18 oz
- 1 Cup

### NUTRITION PER SERVING

620 cal | Fat: 22 g | Sat. Fat: 12 g | Protein: 36 g | Carbs: 72 g | Sugar: 6 g | Sodium: 1250 mg | Fiber: 7 g

## START STRONG

An extra-sharp knife may be the answer to the never-ending battle between onions and your tear ducts thanks to cleaner cuts and less damage to the vegetable. Just be careful!



## BUST OUT

- Large pot
- Olive oil (1 tsp | 2 tsp)

### 1 PREP

**Wash and dry all produce.** Trim, halve, and thinly slice **Brussels sprouts** into shreds. Remove **kale ribs** and **stems**, then thinly slice **leaves**. Mince **garlic**. Halve, peel, and finely dice **onion**.

### 2 COOK ONIONS

Heat a drizzle of **olive oil** in a large pot over medium heat. Add **onions** and toss until softened, 4-5 minutes.

### 3 COOK BRUSSELS SPROUTS

Add **Brussels sprouts** and **garlic**, and toss until soft and slightly caramelized, 4-5 minutes.



### 4 ADD BROTH

Add **5 cups water** and **stock concentrates**. Bring to a boil.



### 5 ADD KALE AND TORTELLINI

Once boiling, add **kale** and **tortellini**. Cook until tender, 4-5 minutes. Season to taste with **salt** and **pepper**.



### 6 SERVE

Serve divided between bowls with a generous sprinkling of **Parmesan cheese**.

## BUON APPETITO!

Piping hot, super nutritious,  
and all-around delicious

