

CREAMY TORTELLINI SOUP WITH SAUSAGE

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COOK TIME: 35mins

SERVES: 4

CALORIES: 446 kcal (PER SERVING)

INGREDIENTS

400 g/14 oz fresh cheese tortellini
450/1 pound mild Italian sausage, no casings
1 red bell pepper, thinly sliced
1 tbsp olive oil
1 tbsp unsalted butter
2 shallots, finely chopped
2 tbsp tomato paste
4 garlic cloves, minced
250 ml/1 cup puréed tomatoes
1 L/4 cups chicken broth
250 ml/1 cup heavy cream
30 g/1 oz grated Parmesan
fresh thyme, for serving

*SPICES

1 tsp each: dried oregano, dried sage, smoked
paprika, black pepper
1/4 tsp red pepper flakes, more for serving
1/4 tsp ground nutmeg
salt, to taste

DIRECTIONS

Get all the prep done before you start cooking: mince the garlic, finely chop the shallots and thinly slice the bell pepper. Remove the casings from your sausage.

Heat oil and butter in a large pot over medium. Add bell pepper, sauté for 5 minutes, stirring from time to time. Add onion and garlic, cook for 2 minutes.

Add sausage and spices, break up the meat into small pieces with a wooden spoon, and cook until browned and no longer pink, 5 minutes. Pour in chicken broth and bring to a boil. Add tomato paste and puréed tomatoes, cook for 15 minutes.

Add tortellini, cook for 2 minutes. Then pour in cream and add Parmesan. Stir to combine, simmer for 1 minute. Taste and adjust salt.

Finish off with some extra red pepper flakes, black pepper and fresh thyme. Enjoy!

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