



Veggie Tortellini Soup



Cheesy pasta and brightly colored veggies unite to form this delicious soup. This recipe comes from our friends at [Produce for Kids](#) and appears in the new Kids Cook Monday Family Dinner Date Cookbook.

Ingredients: (serves 4)

- 1 tablespoon olive oil
- 2 ribs celery, chopped
- 1 sweet onion, chopped
- 2 cups coin cut carrots
- 2 (48 oz.) cans low sodium vegetable broth
- 1 (14.5 oz.) can low sodium diced tomatoes
- 1 head escarole, roughly chopped
- 2 cups green beans
- 1 cup frozen sweet corn
- 1 package dry tortellini (about 7 oz.)
- 1/4 cup grated Parmesan cheese

Instructions:

Together: Prep ingredients.

Adult: Heat oil in large pot over medium heat.

Together: Add garlic, celery, onion, carrots and cook 5-10 minutes, until tender.

Adult: Increase heat to high; add broth, tomatoes, escarole, green beans and corn. Bring to a simmer and add tortellini. Reduce heat and simmer 9-10 minutes, or until tortellini is cooked.

Kid: Top with 1 1/2 teaspoons of cheese.

Food For Thought!



Escarole is a leafy green in the chicory family, which also includes endive, radicchio and frisée. These greens grow well in chilly weather and are a great source of folic acid, fiber and vitamins A and K. Escarole holds up well in soups and is less bitter than its cousins, making it a hit with kids. None to be found? Spinach works in this recipe, too.

Cooking Tip of the Week

Either fresh or frozen corn, carrots and green beans will work in this recipe, but onions and celery don't freeze well because of their high water content, so it's better to stick with fresh versions.

Conversation Starter

What are your favorite and least favorite veggies? Do you think you could ever start to like one that isn't your favorite?



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