



## Chicken Tortellini Soup

### Ingredients:

1 tablespoon extra virgin olive oil  
1 sweet onion, diced  
1 red bell pepper, diced  
2 cups carrots, peeled and sliced  
4 garlic cloves, minced  
1 1/4 pounds boneless skinless chicken thighs  
9 cups chicken broth  
**Note:** You may need to add more if the tortellini absorbs it.  
1 package of tortellini  
1/3 cup coconut milk  
1/2 cup fresh baby spinach leaves  
2 tablespoons fresh chopped parsley  
1 tablespoon fresh thyme leaves  
1/2 teaspoon crushed red pepper  
Salt and pepper

### Preparation:

1. Over medium heat, add the olive oil and chopped onions to a dutch oven.
2. Sauté for 3 minutes to soften.
3. Add the chopped bell pepper, carrots, and garlic. Sauté another 3 minutes.
4. Add chicken thighs, chicken broth, dried thyme, crushed red pepper, 1 teaspoon salt and 1/4 teaspoon ground black pepper to the pot.
5. Bring to a simmer. Lower the heat and simmer 30-40 minutes, until the chicken is cooked through.
- Note:** The chicken should read 165 degrees F. on a meat thermometer.
6. Remove the chicken and place on a cutting board.
7. Turn the heat back to medium.
8. While the broth is simmering, stir in the tortellini. Stir well so it doesn't stick together.
9. Shred the chicken and place back in the soup.
10. Once the tortellini is cooked through, about 6-8 minutes, turn off the heat.
11. Stir in 1/3 cup coconut milk, spinach, and parsley.
12. Add salt and pepper to taste.

**Note:** If you have leftovers, they taste great the next day. However, you may need to have extra broth on hand in case the tortellini absorbs the broth overnight.

**Enjoy!**