

Tortellini, Chickpea, Spinach & Tomato Soup with Basil



20 minutes | 2 servings

Find cookware

[can opener](#)
[chef's knife](#)
[colander](#)
[cutting board](#)
[garlic press \(optional\)](#)
[ladle](#)
[measuring cups](#)
[measuring spoons](#)
[medium saucepan](#)
[stirring spoon](#)

Grab ingredients

½ (5 oz) pkg	baby spinach
9 oz	cheese tortellini, fresh or frozen
24 fl oz	chicken or vegetable broth
1 (14.5 oz) can	diced tomatoes
½ small pkg	fresh basil
1 (15 oz) can	garbanzo beans (chickpeas)
2 cloves	garlic
½ medium	yellow onion
	butter, unsalted
	crushed red pepper
	Italian seasoning
	salt

Cook & enjoy

- 1 Drain and rinse chickpeas in a colander; set aside to drain further.
1 (15 oz) can garbanzo beans (chickpeas)
- 2 Preheat a medium saucepan over medium heat.
- 3 While the pan heats up, peel, halve, and small dice onion; peel and mince garlic.
½ medium yellow onion
2 cloves garlic
- 4 Once the pan is hot, add butter and swirl to coat the bottom; add onion, garlic, and spices. Cook, stirring frequently, until starting to soften, 2-3 minutes.
2 tsp butter, unsalted
1 tsp Italian seasoning
¼ tsp salt
⅛ tsp crushed red pepper
- 5 Add chickpeas, broth, and tomatoes to the pan; stir to combine, cover, and bring to a boil over high heat.
24 fl oz (3 cups) chicken or vegetable broth
1 (14.5 oz) can diced tomatoes
- 6 Once the broth is boiling, uncover, add tortellini, and stir for a few seconds; return soup to a simmer. Once simmering, reduce heat to medium and cook until tortellini is just tender, about 5 minutes (or cook according to package instructions).
9 oz cheese tortellini, fresh or frozen
- 7 Meanwhile, wash and dry spinach (skip this step if it came pre-washed).
½ (5 oz) pkg baby spinach
- 8 Wash and dry basil, then pick leaves off the stems; roll up crosswise and thinly slice into ribbons.
½ small pkg fresh basil

- 9 Once the tortellini is tender, add spinach and basil to the pan in handfuls, waiting for the spinach to wilt slightly before adding the next handful. Stir to combine and remove from heat.
- 10 To serve, divide soup between bowls. Enjoy!