

# Tuscan White Bean & Tortellini Crockpot Soup

PREP TIME: 10-15 MINS

COOK TIME: 6-8 HOURS LOW; 3-4 HOURS HIGH

YIELDS: 6-8 SERVINGS (1 CROCKPOT)



Children's Hospital  
of Philadelphia®

Culinary Medicine

Recipe by Chef Paige Mountain

## Ingredients

- 1 onion, chopped
- 2 large carrots, chopped
- 4 cloves garlic, minced
- 1 tablespoon olive oil
- 1 tablespoon tomato paste
- 4 cups vegetable broth
- 3 cans cannellini beans, drained & rinsed
- ½ teaspoon sea or kosher salt (or to taste)
- ¼ teaspoon black pepper
- ½ teaspoon dried oregano

Add at the end:

- 9 oz cheese tortellini
- 2 cups chopped kale



## Nutrition Content for 1/8 Recipe

Calories: 231kcal

Fat: 4.1g

Protein: 11.8g

Sodium: 626.5mg

Carbohydrates: 38.9g

Fiber: 7.8g

Added sugar: 0g

## Directions

- 1.Heat olive oil in a pan over medium heat.
- 2.Saute onions, carrots, garlic, & olive oil together for 5–6 minutes, or until fragrant.
- 3.Stir in tomato paste and cook for 1–2 minutes.
- 4.Transfer to the crockpot.
- 5.Add remainder of ingredients to the crockpot, except for the tortellini and kale leaves.
- 6.Mix all together, then cover with lid.
- 7.Cook on low for 7–8 hours or high for 3–4 hours.
- 8.20 minutes before serving– add the tortellini and kale, stir to combine, cover with lid and continue to cook for 20 minutes.
- 9.Serve warm.



## Chef's Tips

- 1.Top with grated parmesan cheese or a drizzle of olive oil for extra richness.
- 2.One pound of loose sausage can be added to this recipe. If using sausage, it is recommended to decrease to 2 cans of beans and brown the sausage in a pan with the onions & other ingredients prior to the crockpot.
- 3.If a creamier soup is desired, mash some of the beans against the pot and mix well (or separate and blend using an immersion blender).
- 4.This recipe is excellent for meal prep because the flavor deepens as it is stored.