



Tomato Cheese Ravioli Soup

Makes 4 servings

Ingredients

- 1 – 14 oz. can salt-free stewed tomatoes**
- 1 – 14 ½ oz. can low-fat, salt-free chicken or vegetable broth**
- ½ teaspoon of dried Italian seasoning**
- 3 cups (about 12 ounces) frozen cheese ravioli or cheese tortellini**
- 1 small zucchini, sliced**
- ¼ teaspoon ground black pepper**

Instructions

Combine stewed tomatoes, broth and Italian seasoning in a large pot. Bring to a boil. Cover, reduce heat and simmer 5 minutes. Add ravioli or tortellini, zucchini and pepper; bring to a boil. Cover, reduce heat and simmer 8 minutes or until pasta and zucchini are tender.

Nutrition Facts

Serving Size (317g)			
Servings Per Container			
Amount Per Serving			
Calories	140	Calories from Fat	30
% Daily Value *			
Total Fat	3g		5%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	25mg		8%
Sodium	310mg		13%
Total Carbohydrate	22g		7%
Dietary Fiber	3g		12%
Sugars	9g		
Protein	8g		
Vitamin A	15%	Vitamin C	25%
Calcium	8%	Iron	6%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

Source: **Cooking Light 5 Ingredient 15 Minute Cookbook**



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