



How Tortellini Soup Warmed My Soul

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I had something happen a few weeks ago that changes the way I will forever look at tortellini soup. My mother frequently made tortellini soup when I was growing up. My whole family enjoyed it. I especially love it with lots of shredded parmesan cheese on top. The cheese melts into a lovely gooeyness almost instantly from the heat of the soup. I now frequently make it for my family because it's a quick and easy meal and my whole family enjoys it.

Two weeks ago I shared with you my story of serving lunch at Children's Mercy Hospital [here](#). The part I didn't share is that several of us made soup and I made tortellini soup. The two main ingredients are chicken broth and cheese tortellini. That's really all there is to it. It's easy to throw together and it only takes a few minutes for the tortellini to boil. Chicken broth is soothing and most people like pasta so I thought it was a great choice. I contemplated adding tomatoes to jazz it up, but my friend and I decided it was best to keep it simple, not everyone likes tomatoes. My soup had a late start to the table due to being on the wrong burner. Once it made it to the line up it was the last one left. It was the least popular soup and a few people were unfamiliar with tortellini soup. I assumed most people had eaten it before, but that didn't seem to be the case. I didn't let that deter me though from feeling good about serving. I just made a mental note to self that next time I should probably make something more mainstream.

I was in a funk most of the previous week and feeling like most of what I do doesn't really matter. Then I received an email from my friend Suzy that a staff person at the Ronald McDonald House sent to her. The email read:

I have to pass along a wonderful conversation I had with a mom after your group left. She came to me almost in tears wanting me to thank your group for the homemade soup. She explained that her son hadn't eaten in days and they weren't able to go home until he could eat and keep food down. She said she had ordered almost everything off the menu from the hospital and he wouldn't eat. Then she brought him some of the tortellini soup and he ate it and LOVED it and were able to then go home. She was over the moon with excitement and so thankful.

I'm sharing this story because I want you to know that **the little things you do matter**. We don't often see or hear how they do, but in this instance it was brought to my attention when I really needed to hear it. A friend of mine made the comment that I was the boy's angel, but he was actually mine. The next time I'm feeling discouraged and I'm sure they'll be a next time since I'm human and have hormones; I'll remind myself of tortellini soup. It's the easiest soup you'll ever make. It probably won't win any awards or get pinned on Pinterest a thousand times, but it can be life changing. I've come across recipes that add a can of diced tomatoes or spinach if you want to doctor it up a bit. It tastes great as it is, but I still love to pile on the parmesan cheese!

Tortellini Soup

Recipe Type: entree

Author: Dawn

Serves: 4

Ingredients

- Carton of chicken broth (32 oz.) plus one can
- 1 (9) oz. pkg fresh cheese tortellini or 1/2 package of frozen
- Optional ingredients you can add: can of Italian style diced tomatoes, fresh spinach
- You can adjust ingredients according to how many people you are serving. This serves around 4 people.

Instructions

1. Boil chicken broth. (add tomatoes if you desire)
2. Reduce heat to medium-high and add tortellini.
3. Cook until heated roughly 5-7 min. The tortellini will start to float to the top.
4. Spoon into bowls and add shredded parmesan cheese and spinach if you desire.

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