

Alfredo Tortellini Soup

(using leftover turkey or chicken)

Ingredients:

- 1 pound leftover turkey or chicken
- 2 tablespoons unsalted butter
- 1 cup diced onion
- 1 cup diced baby carrots
- 1 Tablespoons of minced garlic (2 cloves)
- ½ - 1 teaspoon salt
- ¼ - ½ teaspoon black pepper
- 1/4 cup all-purpose flour
- 4 cups turkey or chicken broth
- 1 cup half-and-half
- ½ - 1 teaspoon crushed red pepper flakes
- 9 ounces cheese tortellini, frozen or fresh
- 1 ½ - 2 cups freshly grated Parmesan cheese
- 2 ounces fresh baby spinach

Directions:

1. Melt your butter over medium-high heat and add the onions and carrots. Cook until onions are translucent but aren't taking on color. Sprinkle some of your salt and pepper (do not add it all!)
2. Add in your garlic and stir fry for 30 seconds, careful not to burn.
3. Add in your flour and stir well for about 2 minutes.
4. Stir in the chicken stock, a little at a time until completely incorporated.
5. Add in the half-and-half and red pepper flakes and bring to just a simmer and allow the soup to thicken (could take 5 minutes).
6. Add the tortellini to the vessel and cook until al dente (5 to 7 minutes).
7. Remove the vessel from the heat and add the cheese a little at a time, stirring after each pour.
8. Taste and season with the remaining salt and pepper if it's needed.
9. Stir in your spinach and serve immediately