

# BELLYBUTTON SOUP

## Ingredients

2 cups (454 g)	tortellini (meat or cheese)
4 cups	stock (chicken or vegetable)
2 cups	mixed vegetables (frozen or fresh)
1 can (19 oz/540 mL)	beans (kidney, black, or fava)
1 can (28 oz/796 mL)	diced tomatoes
1 tsp.	oregano or Italian seasoning
1 clove	garlic, minced (optional)
1	bay leaf
½ cup	Parmesan cheese (grated)

## Directions

1. Mix all ingredients together in a large pot (except Parmesan cheese and tortellini).
2. Put the pot on the stove and bring to a boil.
3. Add tortellini and simmer until the tortellini and veggies are tender.
4. Remove the bay leaf.
5. Turn the stove off.
6. Serve in bowls and sprinkle with Parmesan cheese.
7. Enjoy!

Makes 6-8 servings

**Source:** Source: Peel Public Health, 2007

