

# Tortellini with Tomato Basil Sauce

**This Recipe Serves: 4**

**Preparation time:** 10 minutes

**Cooking time:** 25 minutes

## Ingredients

2 teaspoons olive oil

1 large onion, chopped

15 ounces chopped, canned tomatoes, undrained

12 ounces frozen cheese tortellini

1/4 cup chopped, fresh basil

2 tablespoons freshly grated Parmesan cheese

salt to taste

freshly ground black pepper

## Cooking Instructions

1. Bring a large pot of salted water to a boil.

2. In a large skillet, heat the oil over medium-heat. Add the onion and cook, stirring, until well browned, about 10 minutes. Add the tomatoes and their juices and bring to a boil. Reduce the heat to medium-low and simmer, stirring occasionally, until the sauce is slightly thickened, about 5 to 10 minutes. Season with salt and pepper.

3. Meanwhile, cook the tortellini until al dente, about 5 minutes. Drain and transfer into a large bowl. Toss with the tomato sauce and basil. Adjust the seasoning with salt and pepper.

4. Sprinkle with the Parmesan cheese and serve immediately.

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## Nutrition Facts

**Serving Size** about 2 cups

Amount Per Serving:

**Calories** 339

**Total Fat** 10 g

**Saturated Fat** 4 g

**Protein** 15 g

**Total Carbohydrate** 46 g

**Dietary Fiber** 3 g

**Sodium** 458 mg

**Percent Calories from Fat** 26%

**Percent Calories from Protein** 18%

**Percent Calories from Carbohydrate** 55%