

# Fight The Cold Weather With Comfort In A Bowl

(NAPSA)—The cold months provide great opportunities to stir up simple, hearty soups to warm family and friends.

Archeologists suggest the consumption of soup dates back more than 5,000 years. It has remained a relished comfort food, and a part of the culinary history of almost every culture. Today it's estimated two million gallons of soup are ladled up per hour.

Professional chefs know soup also provides an opportunity to be creative in the kitchen. It is a versatile dish that can be customized with meat, vegetables and pasta.

Home cooks can practice their own comforting creativity by using Swanson® Broth instead of water as a base of flavor for home-made soup. The broth provides a combination of chicken, vegetables and seasonings simmered together for a rich and distinctive taste.

Italian Tortellini Soup is an authentic and delicious recipe that's sophisticated yet easy to prepare. To start, create layers of flavor by combining two cups of Swanson Chicken Broth with chopped onion, sliced carrots, diced celery stalk, minced garlic and dried or chopped thyme.

Bring these ingredients to a boil. Add a little more broth to the simmering mixture, along with some ripe zucchini, plum tomatoes, cheese-filled tortellini, and tender red kidney beans. Bring these items to a boil and serve with grated Parmesan cheese.

For more tricks of the trade, cooking tips and great seasonal recipes, or for a free copy of a new cookbook—*Creative Cooking*—visit [www.swansonbroth.com](http://www.swansonbroth.com).



## Italian Tortellini Soup

*Prep Time: 15 min.*

*Cook Time: 35 min.*

- 1 large onion, chopped**
- 4 carrots, sliced**
- 2 stalks celery, sliced**
- 3 cloves garlic, minced**
- 1 tsp. dried thyme (crushed)  
or 1 tbsp. chopped fresh thyme**
- 1 carton (32 oz.) SWANSON  
Chicken Broth or Natural  
Goodness™ Chicken Broth**
- 2 medium zucchini, sliced**
- 4 Italian plum tomatoes,  
chopped**
- 1½ cups frozen cheese-filled  
tortellini**
- 1 can (15 oz.) red kidney  
beans, rinsed and drained**
- Grated Parmesan cheese  
(optional)**

**PLACE** onion, carrots, celery, garlic, thyme and 2 cups broth in saucepot. Heat to a boil. **COVER** and cook over low heat 10 min. or until onion is tender. **ADD** remaining broth, zucchini, tomatoes, tortellini and beans. Heat to a boil. **COVER**. **COOK** 15 min. or until tortellini is done. Serve with grated Parmesan cheese if desired.

**Serves 8**