

- ▲ 12 oz boneless, skinless chicken breast, cooked and either cut into small pieces or shredded
- ▲ 1 shallot, chopped
- ▲ ½ onion, chopped
- ▲ 15 oz can petite diced tomatoes
- ▲ 64 oz chicken broth, fat-free, reduced-sodium
 - 1 package Buitoni three-cheese tortellini
 - 2 tsp thyme
 - 2 tsp basil
 - 1 tsp garlic
 - 2 tsp oregano

1. Place shallots and onion in a large pot that has been sprayed with cooking spray. Cook over medium heat until softened.

2. Add broth, herbs, tomatoes and chicken and simmer for about 1 hour.

3. After simmering, turn up heat and bring to a gentle boil. Add package of tortellini and cook between 8-10 minutes. When done, it's ready to eat!

4. Optional: Top with reduced-fat parmesan cheese (PointsPlus values not added in for cheese) and fresh cilantro before serving.

Serving size: About 2 cups (maybe a little less)
PointsPlus value per serving: 6