



HEALTHY COOKING

Lasagna Soup

Ingredients

Soup

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| 2 tsp. olive oil | 1/4 tsp. crushed red pepper flakes (optional) |
| 1.5 lbs. Italian sausage | 3 tbsp. tomato paste |
| 1 extra large yellow onion, chopped
(about 3 c. chopped) | 2 (14.5 oz) cans fire-roasted diced tomatoes |
| 4 large garlic cloves, minced | 2 bays leaves |
| 2 tsp. dried oregano | 6 c. low sodium chicken stock |
| 1/2 tsp. ground black pepper | 8 oz. mafalda or fusilli pasta or 10 lasagna
sheets |
| 1/2 c. fresh basil leaves, torn just before serving | |

Ricotta Mixture

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| 8 oz. ricotta | 1/4 tsp. kosher salt |
| 1/2 c. grated Parmesan cheese | freshly ground black pepper, to taste |

Directions

1. Heat olive oil in a large pot over medium heat. Add sausage and brown for 3 minutes, breaking it up into bite-size pieces with a wooden spoon.
2. Add onion, garlic, oregano, salt, pepper and red pepper flakes and cook until onion is softened and sausage is browned, about 7 more minutes.
3. Stir in tomato paste and cook for 2 more minutes.
4. Add diced tomatoes, bay leaves and chicken stock. Bring just to a boil, then reduce heat and simmer for 15 minutes.
5. Meanwhile, prepare pasta in a separate saucepan according to package directions for al dente. Do not over cook. Drain.
6. In a medium bowl, combine ricotta, Parmesan cheese, salt and pepper. Set aside.
7. Stir fresh basil into soup right before serving.
8. To serve, add cooked pasta to individual bowls and ladle soup over the top. Serve with dollops of the ricotta mixture and shredded mozzarella cheese.

Nutritional Information

Calories: 225 | Carbs: 17g | Total Fat: 7g | Total Sugar: 4g | Protein: 23g | Fiber: 2g

Serves: 6 to 8 people