

Lasagna Soup

Yield: 4-6 Servings

Ingredients:

- 2 tbsp extra-virgin olive oil, plus more for drizzling
- 1 medium yellow onion, diced
- 2 medium carrots, chopped
- 1 fennel bulb, diced
- 2 garlic cloves, minced
- ¼ cup tomato paste
- 2 tsp balsamic vinegar
- 1-28 oz can whole peeled tomatoes (San Marzano work great here)
- 3 ½ cups water or broth
- ¼ to ½ tsp red pepper flakes
- 1 bay leaf
- 2-3 tablespoons Italian seasonings (like dried parsley, oregano, basil, and thyme)
- 8 lasagna noodles, broken into halves or thirds
- 8 cups fresh spinach
- 1 cup ricotta
- ¼ cup Parmesan cheese
- ½ cup chopped fresh basil

Directions:

1. Heat the oil in a large pot over medium heat. Add the onion, carrots, fennel, salt and cook, stirring, until the vegetables begin to soften, about 8 minutes. Add the garlic and tomato paste, and cook for about 2 more minutes, until the tomato paste starts to deepen in color. Add the balsamic vinegar, tomatoes, water/broth, red pepper flakes, bay leaf, and Italian seasoning. Cover and simmer for 30 minutes, or until the vegetables are tender.
2. If serving right away: add the lasagna noodles and cook for 10 minutes, or until the noodles are cooked to al dente.
3. If serving later or meal prepping: cook the lasagna noodles separately and add them when you reheat the soup.
4. Add the spinach and stir until wilted. Season to taste with more herbs if necessary.
5. In a small bowl, combine the ricotta, Parmesan cheese, and chopped basil. Serve the soup in bowls with scoops of the ricotta mixture and sprinkle with more fresh basil.

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Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	451.7	
		% Daily Value*
Total Fat	15.5 g	20 %
Saturated Fat	5.3 g	27 %
Trans Fat	0.2 g	
Cholesterol	24.4 mg	8 %
Sodium	522.9 mg	23 %
Total Carbohydrate	61.1 g	22 %
Dietary Fiber	8.8 g	31 %
Total Sugars	13.5 g	
Added Sugars	0 g	0 %
Protein	20.8 g	
Vitamin D	0.1 mcg	1 %
Calcium	423.5 mg	33 %
Iron	5.8 mg	32 %
Potassium	1423.7 mg	30 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

