



Lasagna Soup

Snuggle up with a cozy bowl of soup featuring beefy broth, squiggly noodles, and melted cheese!

Active Kitchen Time: 25-30 minutes

Yield: 6-8 servings

Cook Time: 20 minutes

Ingredient List

- 1 small onion
- 1 large carrot
- 1 large zucchini
- 3 cloves garlic
- 2 Tbsp olive oil
- 2 tsp kosher salt
- 8 leaves basil
- ½ lb ground beef
- 2 Tbsp tomato paste
- 1 tsp dried oregano
- 1 (15 oz) can diced tomatoes
- 6 cups vegetable broth
- 8 dried lasagna noodles
- 1 cup shredded mozzarella cheese

Supper Smarts



Super Swaps: Any kind of noodle can work here — you'll still get all the flavors of lasagna even if you're using bowties or shells.



Flavor Town: Swirl in a dollop of pesto to your pot or to an individual serving for an herby kick of complementary flavor.



Serving Suggestions: Garlic bread is a perfect accompaniment to dip into the soup.



Kitchen Connections: Start a discussion at the table: why is soup often considered a comfort food for someone going through a hard time? How does feeding someone show care for them?

Dietary Modifications



Gluten-free: Use gluten-free lasagna noodles, such as Jovial, Barilla, or Simply Balanced.



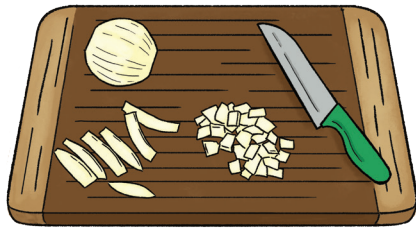
Dairy-free: Use dairy-free mozzarella cheese, such as Violife, Daiya, or Follow Your Heart.



Vegetarian: Replace with one (6 oz) package sliced mushrooms. Make the following recipe adjustments: Step 5: Add mushrooms in with vegetables to pot. Step 7: Omit ground beef. Step 8: Skip.

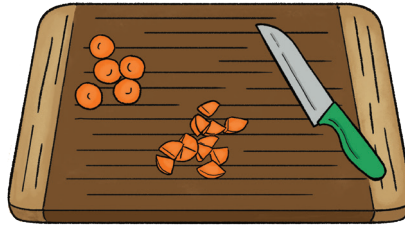
Lasagna Soup

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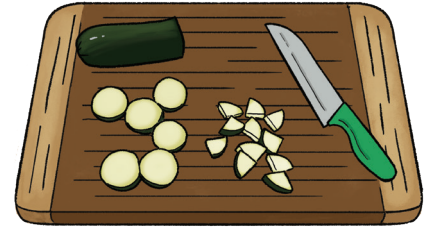
Cut 1 small onion in half, trim away ends, and peel. Slice layers into strips. Dice into squares. Add to medium bowl.

2



Cut top away from 1 large carrot. Cut into rounds, then into quarters. Add to onion.

3



Cut top away from 1 large zucchini. Cut into thick rounds, then into quarters. Add to onion and carrots.

4



Smash and peel 3 garlic cloves. Mince and add to vegetables.

5



Heat 2 Tbsp olive oil in pot over medium-high heat. Add onion, carrot, zucchini, garlic, and 1 tsp kosher salt.

6



Cook, stirring occasionally, until vegetables are very soft, about 10 minutes.

7



Add ½ lb ground beef, 2 Tbsp tomato paste, 1 tsp dried oregano, and 1 tsp kosher salt.

8



Cook until browned, breaking beef into small pieces with a spoon, 5-7 minutes.

9



Add 1 (15 oz) can diced tomatoes and 6 cups vegetable broth. Turn heat to high and bring soup to boil.

10



Meanwhile, add 8 dried lasagna noodles to a plastic bag. Use a mallet or hands to crush noodles into 1 to 2-inch pieces.

11



Add noodles to pot. Reduce heat to medium-low. Simmer 18-22 minutes, until noodles are tender.

12



Mince 8 leaves basil and stir into pot. Serve in bowls topped with 1 cup shredded mozzarella cheese. TASTE & SHARE!