

## **Lasagna Soup**

*This soup is a comforting twist on the classic Italian dish, combining all the rich flavors of lasagna into a hearty, flavorful soup. With layers of tender pasta, savory ground meat, and a medley of aromatic herbs, this dish will check all of the boxes this holiday season!*

**Yield:** 4-6 servings

**Serving Size:** ~2 cups

### **Ingredients:**

- 1 tablespoon olive oil
- 1 large yellow onion, diced
- 3 garlic cloves, minced
- 1/4 cup tomato paste
- 1 pound lean ground beef (85-93% lean)
- 3/4 teaspoon kosher salt
- 3/4 teaspoon ground black pepper
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried rosemary
- 1 (28-ounce) can whole tomatoes
- 6 cups low-sodium chicken stock or broth
- 8 ounces lasagna noodles, roughly broken
- 8 ounces whole milk ricotta
- 1/4 cup grated Parmesan
- 1/2 cup shredded mozzarella cheese
- 1/4 cup fresh basil leaves, to serve

### **Instructions:**

1. Heat the olive oil in a large pot or Dutch oven over medium-high heat. Once the oil begins to shimmer, add the onion and cook until golden brown, about 10 minutes.
2. Add the garlic and cook, stirring continuously, until aromatic, about 30 seconds.
3. Add the tomato paste and cook, stirring occasionally, until it darkens and thickens, about 2 minutes.
4. Add the ground beef, salt, pepper, red pepper flakes, oregano, and rosemary, breaking up the meat and cook until browned, about 10 minutes.
5. Using clean hands, crush the tomatoes directly in the can; add them to the pot with their juices.
6. Add chicken stock, bring to a boil. Add lasagna noodles and cook until al dente, about 10 minutes. Taste and adjust seasonings.
7. While noodles are cooking, add the ricotta, Parmesan, and mozzarella to a small bowl and stir to combine.
8. Ladle the lasagna soup into bowls and top with a dollop of the ricotta mixture and a few basil leaves.

Per Serving: Calories 411 kcal, Carbohydrates 39.6 g, Protein 35 g, Sat Fat 5.6 g, Sodium 479.3 mg, Added Sugars 0 g

This recipe was adapted from: <https://www.thespruceeats.com/lasagna-soup-recipe-6749309/>