

Easy Lasagna Soup

adapted from Carlsbad Cravings (blog)



1 pound ground pork, or Italian sausage or chicken Italian sausage

1 yellow onion, diced

4 garlic cloves, minced (4 to 5)

1/4 teaspoon red pepper flakes, or more to taste

1/2 teaspoon fennel seeds

1 tablespoon dried basil

1 1/2 tablespoons dried oregano, crushed between your palms

24 ounces marinara sauce (see notes below)

4 cups low-sodium chicken broth, divided (or more if desired)

14 ounces crushed tomatoes

2 tablespoons tomato paste

2 teaspoons balsamic vinegar

1 1/2 teaspoons granulated sugar

1 whole bay leaf

1 teaspoon salt, optional

1/2 teaspoon pepper, optional

1 1/2 cups lasagna noodles, dry, broken into approx. 1-2 inch pieces

1/2 cup heavy cream, optional

GARNISH:

1 cup shredded mozzarella cheese

1 cup Parmigiano-Reggiano cheese, grated

2/3 cup ricotta cheese, whole milk type

1/3 cup Italian parsley, chopped

1/3 cup fresh basil, sliced

Per Serving (excluding unknown items): 587 Calories; 36g

Fat (52.7% calories from fat); 34g Protein; 39g

Carbohydrate; 5g Dietary Fiber; 112mg Cholesterol;

1137mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3

1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Non-Fat

Milk; 5 Fat; 0 Other Carbohydrates.

Servings: 6

NOTES: For a double recipe - for the jarred sauce, I used a bottle of Lucini Marinara sauce, and a bottle of Rao's Vodka sauce. You can use your own homemade, or bottled. Original recipe called for Prego. If you're going to eat it all at the first sitting, you cook the pasta in the soup. If not, cook the pasta separately and add it to each bowl - this way the pasta won't be overcooked for the leftover servings.

1. Heat large Dutch oven over medium high heat. Add meat and onion and cook, stirring occasionally until meat is browned. Add garlic, dried basil, oregano and red pepper flakes and saute for 30 seconds. Drain off any excess fat.

2. Add red sauce, half the chicken broth, crushed tomatoes, tomato paste, balsamic vinegar and sugar. Bring to a boil then reduce to a simmer about 30 minutes, stirring occasionally.

3. Meanwhile, bring a pot of water to a boil, add salt and simmer lasagna noodles (or other noodles of your choice) until just al dente. Drain.

3. Discard bay leaf and stir in heavy cream (optional) and more chicken broth to reach desired consistency. Taste for seasoning and add salt and pepper if needed. Spoon a few lasagna noodles into each bowl and add soup on top. Garnish individual servings with desired amount of cheeses, fresh basil, fresh Italian parsley and a dollop of ricotta cheese.

Carolyn T's Blog: tastingspoons.com