Lasagna Soup

Prep: 5 minutes | Cook: 30 minutes | Total: 35 minutes

Yield: 6 servings | Serving Size: ~1½ cups

Ingredients

1 tablespoon extra-virgin olive oil

1 medium onion, diced (about 1 cup)

1 pound (16 ounces) lean ground turkey (90% lean or higher)

1 tablespoon dried oregano

2 cloves garlic, minced (about 1 teaspoon)

4 cups no-salt-added chicken broth

1 (14.5-ounce) can no-salt-added diced tomatoes

1 (15-ounce) can no-salt-added tomato sauce

8 ounces whole-grain lasagna noodles, broken into ½- to 1-inch pieces (about 6-10 noodles)

12 tablespoons (¾ cup) lowfat ricotta, divided

Directions

1. Place a large pot over medium heat on the stovetop.
2. Add the oil and onion. Cook, stirring often, until the onion is translucent, about 5-8 minutes.
3. Add the ground turkey, oregano, and garlic. Cook until the turkey is almost completely cooked, about 3-5 minutes.
4. Add the broth, tomatoes, and tomato sauce.
5. Turn the heat up to high and bring to a boil.
6. Add the lasagna noodles and continue cooking at a boil until they are tender but still a little chewy (al dente), about 10-12 minutes.
7. Divide the soup between six serving bowls and top each with 2 tablespoons of the ricotta.
8. Serve warm.

Recipe Notes

- To make this in a slow cooker, simply add the ingredients and cook (low for 4-5 hours or high for 2-3 hours).
- Leftovers can be stored in the refrigerator for up to 7 days or in the freezer for up to 6 months. The noodles may soak up more of the liquid as the soup sits in the refrigerator.
- For a boost in vegetables, add a handful of fresh spinach leaves or puree some leftover vegetables in a blender a food processor to mix into the soup.

Nutrition Facts Per Serving: Calories: 340 | Total Fat: 19.5 g | Saturated Fat: 2.5 g
Sodium: 200 mg | Total Carbohydrate: 33 g | Dietary Fiber: 6 g | Protein: 27 g

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