

LASAGNA SOUP

Ingredients:

- ½ lb lean ground beef
- ½ yellow onion, diced
- ½ tsp olive oil
- 1-2 garlic cloves, minced
- 1 tbsp tomato paste
- 24 oz jar marinara sauce
- 4 cups water, beef or vegetable broth
- 2 cups spinach
- 1 zucchini, chopped
- 6 lasagna noodles
- 1 tsp Italian seasoning
- ½ cup mozzarella cheese
- 5 oz cottage cheese, blended
- Salt & pepper to taste



Instructions:

1. In a large pot add olive oil and heat. Next, add in diced onion. Saute for a few minutes then add garlic. Allow both to soften.
2. In same pot, add ground beef and cook until browned, season to taste with salt, pepper and italian seasoning. While this cooks cut zucchini into small pieces.
3. Next, add in the tomato paste, marinara, and water or stock.
4. Bring to a boil. While it comes to a boil, break up pasta. Add pasta and zucchini to the pot. Allow to reach a boil again. Stir, cover and reduce heat to simmer until pasta is cooked.
5. Blend cottage cheese and set aside.
6. Remove from heat and add spinach. mozzarella and blended cottage cheese. Stir and serve!

Nutrition Facts

Lasagna Soup

Makes about 3 servings

Nutrition break down per serving

Nutrition estimates only

Calories: **498.3 kcal**, Carbohydrates: **61 g**, Protein: **36 g**, Fat: **16 g**, Fiber: 8 g, Sugar: **17 g**, Sodium: **1453mg**