



LASAGNA SOUP

INGREDIENTS

- 1 lb Italian Sausage, spicy or mild (depending on personal preference)
- 1 lb ground beef
- 1 onion, finely diced
- 6 cloves garlic, minced
- 1 28oz can crushed tomatoes
- 1 6oz can tomato paste
- 1 14oz can tomato sauce
- 4 cups chicken broth
- 1 tsp fennel seed
- 2 tsp Italian seasoning
- 2 tsp salt
- ½ tsp pepper
- 8 lasagna noodles, broken up and cooked
- 8 oz mozzarella cheese, shredded
- ½ cup parmesan cheese, grated

DIRECTIONS

1. In a large stock pot, heat 1 tablespoon of olive oil over medium high heat. Add the ground beef, sausage and onions and cook until meat is browned, about 8 minutes. Halfway through cooking the meat add the garlic.
2. Once the meat is cooked through, pour in the tomato paste, canned tomatoes, tomato sauce, chicken broth, Italian seasoning, salt, pepper and fennel and simmer on low for 20 minutes.
3. While the soup is cooking, prepare the lasagna noodles in a separate pot according to package directions and drain.
4. Add the cooked lasagna noodles to the pot and stir to combine. Top with the Parmesan and mozzarella cheeses, and some fresh parsley. Enjoy!



LASAGNA SOUP

SHOPPING LIST

Italian Sausage, spicy or mild
(depending on personal
preference)

Onion

Garlic

1 28oz can crushed tomatoes

1 6oz can tomato paste

1 14oz can tomato sauce

4 cups chicken broth

Fennel seed

Italian seasoning

Salt

Pepper

Lasagna noodles

Mozzarella cheese, shredded

Parmesan cheese, grated

SIDE OPTIONS

Side Salad

Roasted Vegetables

Parmesean Bread Sticks