



“Warm Your Heart” Lasagna Soup

Easiest way to serve lasagna for a quick weekday dinner

Cheese Topping:

3/4 cup low-fat cottage or ricotta cheese

3 Tablespoons grated Parmesan or vegan Parmesan cheese

1-1/2 teaspoon pesto sauce

Italian Soup

1 Tablespoon avocado oil

1 large onion, diced

6 ounces mini Bella mushrooms, sliced

1 clove garlic, minced

2 Tablespoons tomato paste

1 teaspoon Italian seasoning

1 Tablespoon pesto sauce

1 teaspoon honey

28 ounce can crushed Italian tomatoes

2 to 3 cups vegetable broth or as needed

4 ounces uncooked Whole Wheat Rice Pasta Lasagna or regular Lasagna noodles.

2 cups fresh baby spinach

Salt and ground black pepper to taste

Garnish: Fresh Basil leaves or sprigs

Cheese Topping:

In a small bowl, mix cottage cheese, Parmesan, and pesto to combine. Cover bowl; chill in refrigerator until serving.

Cooking the Soup:

- Heat oil in Dutch oven or soup pot over medium-to-medium high heat; add onions; cook about 2 to 3 minutes; add mushrooms; continue cooking about 3 minutes until softened.
- Add garlic, tomato paste, Italian seasoning, pesto sauce, and honey; cook about 1 to 2 minutes until fragrant, stir constantly.
- Add crushed tomatoes and 2 cups broth; cook until hot.

Add Lasagna Noodles:

- If using rice pasta, break in half; add to soup; bring soup to a boil; cook for 1 to 2 minutes; gently stir; remove from heat; cover pot; let rest 14 minutes.
- For regular pasta: Bring soup to a boil. Break long pasta in half, lower heat slightly to prevent splattering; cook about 14 minutes, uncovered until tender; stir frequently.

To Serve:

- Remove from heat; stir in spinach. If needed, stir in salt and ground black pepper to taste.
- Ladle soup into individual bowls; top with a dollop of cheese mixture; garnish with fresh basil leaves. Serve immediately. Serves:4

Cook's Note: If you use the gluten free rice noodles; don't stir them too much after cooking as they will fall apart.

Since one of our canned products already had salt, I didn't add any additional salt to our soup. If desired, sprinkle soup with vegan shredded cheese.

About the Recipe: This tasty soup recipe is a plant-based alternative to use for enjoying the ever-popular lasagna flavors and can be prepared gluten free. Serving it as a soup makes it easy to cook and serve. It can be garnished with your favorite cheeses or vegan substitutes. It's a great choice to warm up with a bowl full of healthy goodness.