

LASAGNA SOUP

Lasagna Soup

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat

Serves: 11 (Serving= 1 cup)

Nutrition (per serving)

Calories: 205	Total Carbohydrate: 25
Total Fat: 6 g	Dietary Fiber: 4 g
Saturated Fat: 2 g	Total Sugars: 6 g
Sodium: 504 mg	Protein: 18 g

Ingredients

- Cooking spray
- 1 pound fresh lean ground turkey sausage (choose gluten free for GF version)
- 1 large bell pepper, chopped
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 8 whole grain lasagna noodles/sheets, broken into small pieces (choose gluten free for GF version)
- 1/3 cup tomato paste
- 1 - 32 ounce box unsalted beef stock (choose gluten free for GF version)
- 1 - 28 ounce can crushed tomatoes in puree
- 1 - 8 ounce can no salt added tomato sauce
- ½ cup grated Parmesan cheese
- 1 Tablespoon dried Italian seasoning

Directions

1. Spray medium skillet with cooking spray and cook sausage, bell pepper, onion and garlic over medium heat until no longer pink. Add to slow-cooker.
2. Add remaining ingredients to slow cooker.
3. Cook on low for 6-8 hours.
4. Top with part-skim ricotta cheese if desired.