


Sausage Lasagna Soup: A Classic Italian Twist




Everest

This dish has taken the internet by storm, and for good reason. It’s a bit easier to make than your traditional lasagna, and it’s perfect for meal prepping. This meal provides the cozy hug some of our weekly dinner nights crave.




PREP TIME

15 mins




SERVINGS

6 people




COOK TIME

35 mins



CALORIES

850 kcal



TOTAL TIME

50 mins

INGREDIENTS

- 1 tbsp olive oil
- 1 lb italian sausage (mild, or spicy)
- 1 small onion finely chopped
- 3 cloves garlic minced
- 1/2 tsp red pepper flakes crushed (optional)
- 1 tbsp tomato paste
- 1 28oz can tomatoes crushed
- 4 cups broth chicken or vegetable
- 1 tsp italian seasoning
- 1/2 tsp dried basil
- 1 pinch salt/pepper to taste
- 8-10 lasagna noodles broken into pieces
- 1/2 cup ricotta cheese
- 1 cup mozzarella shredded
- 1/4 cup parmesan grated

- 1 bunch basil or parsley for garnish

INSTRUCTIONS

1. **Brown the sausage:** In a large pot, heat olive oil over medium heat. Add the sausage and cook, breaking it into crumbles, until browned. Remove excess fat if needed.
2. **Sauté the aromatics:** Add onion, garlic, and red pepper flakes (if using) to the pot. Cook until softened, about 3-4 minutes.
3. **Build the broth:** Stir in tomato paste, crushed tomatoes, broth, Italian seasoning, basil, salt, and pepper. Bring to a gentle boil.
4. **Cook the noodles:** Add broken lasagna noodles to the pot. Simmer for 12-15 minutes, stirring occasionally, until noodles are tender.
5. **Cheese swirl:** While soup simmers, mix ricotta, mozzarella, and Parmesan in a small bowl.
6. **Serve it up:** Ladle soup into bowls. Add a generous spoonful of the cheese mixture on top of each serving. Garnish with fresh basil or parsley.

NOTES

Estimated Nutrient Facts:

- **Calories:** 850 kcal
- **Protein:** 35 g
- **Total Fat:** 54 g
- **Carbohydrates:** 57 g

