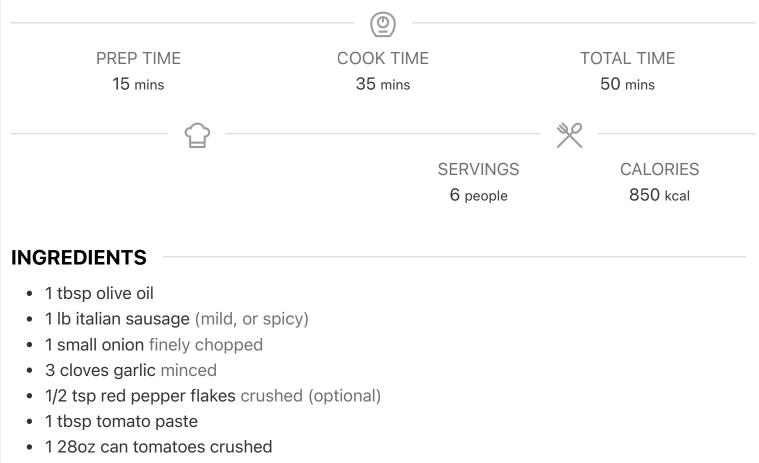
Sausage Lasagna Soup: A Classic Italian Twist



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.



- 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