

Lasagna Soup

12 ingredients · 35 minutes · 6 servings



Directions

1. In a large soup pot, heat oil over medium heat. Add beef crumbles and cook 3 minutes or until no longer pink. Add onions, minced garlic and seasoning. Cook 2-3 minutes.
2. Add in broth, diced tomatoes, crushed tomatoes, and tomato paste.
3. Bring to a boil then reduce heat to a simmer for about 20 minutes.
4. In a separate pan cook noodles according to package directions.
5. Once Soup has simmered, remove from heat and add half of the ricotta cheese. Stir to combine.
6. Divide soup between bowls and top with additional ricotta cheese and parmesan cheese. Enjoy.

Ingredients

- 1 lb** Lean Ground Beef
- 1** Sweet Onion (diced)
- 4** Garlic (minced)
- 4 cups** Bone Broth (or chicken broth)
- 1 can** Canned Petite Tomatoes (14.5 oz)
- 1 can** Crushed Tomatoes (14.5 oz)
- 3 tbsps** Tomato Paste
- 2 tbsps** Italian Seasoning
- 6 1/2 ozs** Gluten Free Lasagna Noodles (broken into pieces)
- 8 ozs** Ricotta Cheese
- 1/2 cup** Parmesan Cheese
- 1 tbsp** Avocado Oil