

# Lasagna Soup

## *Ingredients* for 6 servings

- 1 tablespoon olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 2 tablespoons tomato paste
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 28 oz crushed tomato
- 6 cups vegetable broth
- 8 oz lasagna noodle, uncooked
- 3 cups spinach



*Optional: fresh basil*

## *Instructions*

1. In a large pot, heat the olive oil over medium heat. Add the onion and cook for 3-4 minutes, until semi-translucent.
2. Add the garlic, tomato paste, basil, and oregano, and cook for 2-3 more minutes, or until the onions are translucent and herbs are fragrant.
3. Add the crushed tomatoes, vegetable broth, and bring to a boil. Increase heat to medium-high and cook for 10 minutes.
4. Break apart the lasagna noodles into about 2-inch pieces and add to the pot. Let the soup cook for another 10-15 minutes, or until the pasta is cooked.
5. Stir in the spinach and let wilt, and then serve immediately.
6. Enjoy!

## Nutrition Facts

Servings: 6

Amount per serving

**Calories** **207**

% Daily Value\*

**Total Fat** 4.7g **6%**

Saturated Fat 0.8g **4%**

**Cholesterol** 13mg **4%**

**Sodium** 878mg **38%**

**Total Carbohydrate** 30.9g **11%**

Dietary Fiber 2.5g **9%**

Total Sugars 2.2g

**Protein** 11.5g