



mahaskahealth
Dedicated to Caring for You



Hearty Lasagna Soup

SERVINGS: 8

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

INGREDIENTS

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|----------------------------|---|
| 1 Small Onion, Chopped | 2 Tablespoons of Tomato Paste |
| 2 Large Carrots, Chopped | 1 teaspoon of Dried Oregano |
| 2 cups of Zucchini | 1 (15 oz) can of Diced Tomato |
| 3 Cloves of Garlic, Minced | 6 cups of Vegetable Broth (No Salt Added) |
| 2 Tablespoons of Olive Oil | 8 Dried Lasagna Noodles |
| 1 teaspoon of Salt | 8 Basil leaves for garnish |
| 1lb of Ground Turkey | |

DIRECTIONS

1. Heat oil in pot, add vegetables and cook until soft.
2. Add ground turkey, tomato paste and oregano, cook turkey until done.
3. Add diced tomatoes and vegetable broth.
4. Turn heat up and bring to a boil.
5. Add noodles to a plastic bag, use mallet or a can to crush noodles into 1" pieces.
6. Add noodles to pot, simmer until tender, about 18-22 minutes.
7. Garnish with minced basil to serve.

NUTRITIONAL INFORMATION

Calories 273, Total fat 8g, Sodium 376mg, Protein 17g