

Lasagna Soup

SERVINGS: 6

PREPPING TIME: 15 MINS

COOKING TIME: 25 MINS

Ingredients

- 1 lb. ground turkey
- 1 yellow onion, chopped
- 2 tsp dried basil
- 2 tsp dried oregano
- 1/2 tsp fennel seeds
- 1 tsp salt
- 1/2 tsp crushed red pepper flakes
- 7 lasagna noodles, broken into pieces
- 1/4 cup tomato paste
- 4 cups chicken broth
- 15 oz. can crushed tomatoes
- 4 oz. mozzarella cheese
- 1 oz. shaved parmesan

Directions

1. In a large pot add the ground turkey and onions. Cook the turkey and onions until well browned.
2. Add in the basil, oregano, fennel, salt and red pepper flakes and stir well.
3. Once you can smell the herbs add in the noodle pieces, tomato paste, chicken broth and crushed tomatoes.
4. Simmer on low heat for 15 minutes or until the noodles are cooked.
5. Add in the mozzarella and parmesan just before serving.

Notes:

- Really good.
- Make the noodle pieces as big or as small as you want.