

# Cheesy Lasagna Soup

## Soup of the Month – March 2012



Tomatoes with Italian herbs and tomato paste provide a flavorful addition to this lasagna soup packed with beef, veggies and cheese.

**Prep Time:** 10 Min

**Start to Finish:** 30 Min

**Makes:** 6 servings

### INGREDIENTS

- 1 lb. extra-lean (at least 90%) ground beef
- 1 medium onion, sliced
- 2 large green bell peppers, cut into 1-inch pieces
- 2 cloves garlic, finely chopped
- 2 cups water
- 2 cans (14.5 oz. each) diced tomatoes with Italian herbs, un-drained
- 1 can (6 oz.) tomato paste
- 3 cups uncooked mini lasagna (mafalda) noodles (6 oz.)
- 1 tablespoon packed brown sugar
- 1 1/2 teaspoons Italian seasoning
- 1/4 teaspoon pepper
- 1 cup Italian-seasoned croutons
- 3/4 cup shredded reduced-fat mozzarella cheese (3 oz.)

### DIRECTIONS

1. In 4-quart saucepan or pot, cook beef, onion, bell peppers and garlic over medium heat 8 to 10 minutes, stirring occasionally, until beef is thoroughly cooked and onion is tender; drain.
2. Stir in water, tomatoes and tomato paste. Stir in noodles, brown sugar, Italian seasoning and pepper. Heat to boiling; reduce heat. Cover; simmer about 10 minutes, stirring occasionally, until noodles are tender.
3. Pour hot soup into soup bowls. Top each with croutons and cheese.

**Recipe Provides:** Dairy 1/2c, Grains 1oz-equivalents, Meat & Beans 2oz-equivalents, Vegetables 3/4c

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b>	1 Serving	<b>Calories:</b>	390	<b>Calories from Fat:</b>	100
<b>Total Fat:</b>	11 g	<b>Saturated Fat:</b>	4 ½ g	<b>Cholesterol:</b>	55 mg
<b>Sodium:</b>	480 mg	<b>Total Carbohydrate:</b>	47 g	<b>Dietary Fiber:</b>	5 g
<b>Sugars:</b>	11 g	<b>Protein:</b>	26 g		



This recipe was adapted from [WWW.eatbetterearly.com](http://WWW.eatbetterearly.com)