

Best Lasagna Soup

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Servings: 8

Yield: 2 3/4 quarts

1 pound lean ground beef (90% lean)
1 large green pepper, chopped
1 medium onion, chopped
2 cloves garlic
2 cans (14-1/2 ounce ea) diced tomatoes, undrained
2 cans (14-1/2 ounce ea) reduced-sodium beef broth
1 can (8 ounce) tomato sauce
1 cup frozen corn
1/4 cup tomato paste
2 teaspoons Italian seasoning
1/4 teaspoon pepper
2 1/2 cups uncooked spiral pasta
1/2 cup Parmesan cheese, shredded

In a large saucepan, cook the beef, green pepper and onion over medium heat for 6 to 8 minutes or until the meat is no longer pink, breaking up the beef into crumbles. Add the garlic. Cook 1 minute longer. Drain.

Stir in the tomatoes, broth, tomato sauce, corn, tomato paste, Italian seasoning and pepper. Bring to a boil. Reduce the heat and simmer, covered, for 10 to 12 minutes or until the pasta is tender.

Sprinkle with the Parmesan cheese.

Start to Finish Time: 30 minutes

It's so convenient that the pasta cooks right in the soup. And this meal-in-a bowl has all the heartwarming flavors of traditional lasagna.

Per Serving (excluding unknown items): 77 Calories; 2g Fat (20.7% calories from fat); 4g Protein; 13g Carbohydrate; 2g Dietary Fiber; 4mg Cholesterol; 349mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	77	Vitamin B6 (mg):	.2mg
% Calories from Fat:	20.7%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	60.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	19.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	2g	Folacin (mcg):	25mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	trace
Cholesterol (mg):	4mg
Carbohydrate (g):	13g
Dietary Fiber (g):	2g
Protein (g):	4g
Sodium (mg):	349mg
Potassium (mg):	390mg
Calcium (mg):	85mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	30mg
Vitamin A (i.u.):	936IU
Vitamin A (r.e.):	100 1/2RE

Alcohol (kcal):
 0% Deficient 0 0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	1/2
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 77 Calories from Fat: 16

% Daily Values*

Total Fat 2g	3%
Saturated Fat 1g	5%
Cholesterol 4mg	1%
Sodium 349mg	15%
Total Carbohydrates 13g	4%
Dietary Fiber 2g	9%
Protein 4g	
Vitamin A	19%
Vitamin C	49%
Calcium	8%
Iron	5%

* Percent Daily Values are based on a 2000 calorie diet.