

# Hearty Lasagna Soup

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## Servings: 4

1 pound ground beef  
1 small (1/4 cup) onion, chopped  
1 teaspoon garlic, minced  
1/4 teaspoon dried parsley flakes  
3 1/2 cups beef broth  
1 can (14.5 ounce) diced tomatoes  
1/4 teaspoon Italian seasoning,  
crushed  
1 1/2 cups mafalda or rotini pasta,  
uncooked  
1/4 cup Parmesan cheese, grated

## Preparation Time: 10 minutes

## Cook Time: 25 minutes

In a three-quart saucepan over medium-high heat, cook the beef, onion, garlic and parsley for 10 minutes or until the beef is well-browned, stirring often to separate the meat. Pour off any fat.

Stir the broth, tomatoes and Italian seasoning into the saucepan. Heat to a boil.

Stir the pasta into the saucepan. Reduce the heat to medium and cook for 10 minutes or until the pasta is tender. Stir in the cheese.

Serve with additional cheese, if desired.

Start to Finish Time: 35 minutes

*Serve with an iceberg lettuce salad with Italian vinaigrette. For dessert, serve fresh apple slices.*

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Per Serving (excluding unknown items): 447 Calories; 32g Fat (64.7% calories from fat); 31g Protein; 8g Carbohydrate; 1g Dietary Fiber; 100mg Cholesterol; 1295mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1 Vegetable; 4 1/2 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	447	Vitamin B6 (mg):	.4mg
% Calories from Fat:	64.7%	Vitamin B12 (mcg):	3.1mcg
% Calories from Carbohydrates:	7.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	28.1%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	32g	Folacin (mcg):	26mcg
Saturated Fat (g):	13g	Niacin (mg):	7mg
Monounsaturated Fat (g):	14g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0

<b>Cholesterol (mg):</b>	100mg
<b>Carbohydrate (g):</b>	8g
<b>Dietary Fiber (g):</b>	1g
<b>Protein (g):</b>	31g
<b>Sodium (mg):</b>	1295mg
<b>Potassium (mg):</b>	679mg
<b>Calcium (mg):</b>	102mg
<b>Iron (mg):</b>	3mg
<b>Zinc (mg):</b>	5mg
<b>Vitamin C (mg):</b>	12mg
<b>Vitamin A (i.u.):</b>	315IU
<b>Vitamin A (r.e.):</b>	38 1/2RE

% Daily Values      0 0%

## Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	4
<b>Vegetable:</b>	1
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	4 1/2
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 447      **Calories from Fat:** 289

### % Daily Values\*

<b>Total Fat</b> 32g	49%
Saturated Fat 13g	66%
<b>Cholesterol</b> 100mg	33%
<b>Sodium</b> 1295mg	54%
<b>Total Carbohydrates</b> 8g	3%
Dietary Fiber 1g	4%
<b>Protein</b> 31g	
<b>Vitamin A</b>	6%
<b>Vitamin C</b>	20%
<b>Calcium</b>	10%
<b>Iron</b>	18%

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