Lasagna Soup

1/10 of recipe (about 1 1/4 cups): 190 calories, 6g total fat (2.5g sat. fat), 678mg sodium, 17g carbs, 2.5g fiber, 7g sugars, 16.5g protein

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Prep: 10 minutes **Cook:** 40 minutes

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Ingredients

1 1/2 cups chopped onion
1 1/2 cups chopped bell pepper
1/2 tsp. salt, divided
1 lb. raw extra-lean ground beef (at least 95% lean)
1 tbsp. chopped garlic
1/2 tsp. Italian seasoning
3 cups reduced-sodium chicken broth
2 1/2 cups marinara sauce (with 70 calories or less per 1/2 cup serving)
One 14.5-oz. can diced tomatoes, not drained
4 sheets no-boil lasagna noodles, broken into pieces
1 1/4 cups shredded part-skim mozzarella cheese

Directions

Bring a large pot sprayed with nonstick spray to medium-high heat. Add onion, pepper, and 1/4 tsp. salt. Cook and stir until veggies have slightly softened, about 4 minutes.

Add beef, garlic, Italian seasoning, and remaining 1/4 tsp. salt. Cook and stir until beef is fully cooked and veggies are tender, about 5 minutes.

Add broth, marinara sauce, tomatoes, and 3 cups water. Bring to a boil.

Add broken noodle pieces. Reduce to a simmer. Stirring occasionally, cook until noodles are tender, about 15 minutes.

Top each serving with 2 tbsp. cheese.

MAKES 10 SERVINGS

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