

# LASAGNA SOUP

yield: **8 SERVINGS**      prep time: **10 MINUTES**  
cook time: **35 MINUTES**      total time: **45 MINUTES**

*This soup is truly like lasagna in a bowl. It's packed with the familiar flavors of lasagna, with an ooey-gooey cheesy yum that gets stirred in right before eating. It's a fantastic comfort meal!*

## INGREDIENTS

### FOR THE SOUP:

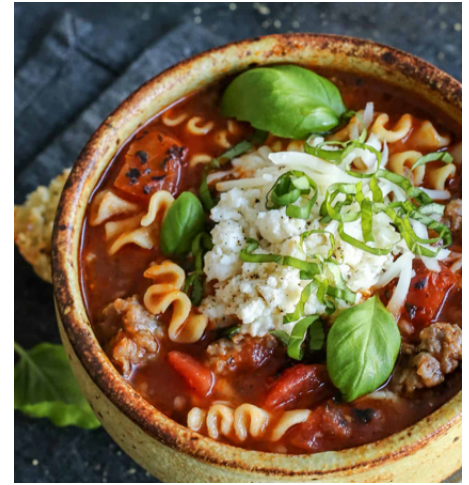
- 2 tsp. olive oil
- 1-1/2 lbs. Italian sausage
- 1 extra-large yellow onion, chopped (about 3 c. chopped)
- 4 large garlic cloves, minced
- 2 tsp. dried oregano
- 1/2 tsp. kosher salt
- 1/4 tsp. ground black pepper
- 1/4 tsp. crushed red pepper flakes
- 3 T. tomato paste (add more for even deeper tomato flavor)
- 2 (14.5-oz.) cans fire-roasted diced tomatoes
- 2 bay leaves
- 6 c. low-sodium chicken stock
- 8 oz. mafalda or fusilli pasta
- 1/2 c. fresh basil leaves, sliced thinly

### FOR THE CHEESY YUM:

- 8 oz. ricotta
- 1/2 c. grated Parmesan cheese
- 1/4 tsp. kosher salt
- freshly ground black pepper, to taste

### ADDITIONAL CHEESY YUM:

- 2 c. shredded mozzarella cheese (If you can find shredded whole milk mozzarella, use that!)



## INSTRUCTIONS

### STOVETOP DIRECTIONS:

Heat olive oil in a large pot over medium heat. Add sausage and brown for 3 minutes, breaking it up into bite-size pieces with a wooden spoon.

Add onion, garlic, oregano, salt, pepper, and red pepper flakes, and cook until onion is softened and sausage is browned, about 7 more minutes.

Stir in tomato paste and cook for 2 minutes more.

Add diced tomatoes, bay leaves, and chicken stock. Bring just to a boil, then reduce heat and simmer for 15 minutes.

Meanwhile, prepare pasta in a separate saucepan according to package directions, to el dente. Do not over cook. Drain.

In a medium bowl, create the "cheesy yum" by combining the ricotta, Parmesan, salt, and pepper. Set aside.

Stir fresh basil into soup right before serving.

To serve, add cooked pasta to individual bowls and ladle soup over the top. Serve with dollops of cheesy yum and additional shredded mozzarella.

### CROCK-POT DIRECTIONS:

Heat a large nonstick skillet over medium-high heat and add oil. Once hot, add sausage and brown for 3 minutes, breaking it up into bite-size pieces with a wooden spoon. (\*If you have a multi-cooker, set it to BROWN/SAUTE and add the oil. Once hot, add sausage and brown for 3 minutes, breaking it up into bite-size pieces with a wooden spoon.)

Add onion, garlic, oregano, salt, pepper, and red pepper flakes, and cook until onion is softened and sausage is browned, about 7 more minutes.

Stir in tomato paste and cook for 2 minutes more.

Transfer sausage mixture to slow cooker (or just proceed if using a multi-cooker) and add diced tomatoes, bay leaves, and chicken stock. Cover and set slow cooker to low 8 hours or high 4 hours.

In a medium bowl, create the "cheesy yum" by combining the ricotta, Parmesan, salt, and pepper. Set aside or refrigerate until ready to eat.

About 30 minutes before soup is ready, add pasta to slow cooker. Cover and cook until pasta is just al dente, checking after 15 minutes. *(If you plan to let the soup sit for awhile before serving or are planning on leftovers, I strongly recommend cooking the pasta separately to avoid mushy noodles. Read section in post titled "Can I Cook the Pasta in the Soup?" for more info.)*

Stir fresh basil into soup right before serving.

To serve, add soup to individual bowls with dollops of cheesy yum plus additional shredded mozzarella.

## INSTANT POT DIRECTIONS:

*(Note: Instant Pot says "do not fill the inner pot more than 2/3 full", so you will need one that is a 6-quart size or larger. I use this 6-quart Instant Pot, and find it to be a great size for our family's meals.)* Press SAUTE on the Instant Pot and add oil. Once hot, add sausage and onion and cook for 5 minutes, breaking it up into bite-size pieces with a wooden spoon.

Stir in garlic, oregano, salt, pepper, and red pepper flakes, and cook until onion is softened and sausage is browned, about 3 more minutes.

Stir in tomato paste and cook for 2 minutes more. Scrape bottom of pot very well.

Press CANCEL to turn Instant Pot off. Stir in diced tomatoes, bay leaves, and chicken stock.

Press SOUP and cook for 15 minutes on this setting.

Meanwhile, create the "cheesy yum" by combining the ricotta, Parmesan, salt, and pepper in a mixing bowl. Set aside.

Press CANCEL and quick release pressure.

Add mafalda or fusilli pasta, submerging it below the soup broth.

Press SOUP and cook for 8 minutes more for al dente mafalda or fusilli pasta. Thicker pastas will take a bit more time to cook. *(If you plan to let the soup sit for awhile before serving or are planning on leftovers, I strongly recommend cooking the pasta separately to avoid mushy noodles. Read section in post titled "Can I Cook the Pasta in the Soup?" for more info.)*

Press CANCEL and then quick release pressure.

Stir in fresh basil and then serve. Add soup to individual bowls with dollops of cheesy yum plus additional shredded mozzarella.

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## NOTES

*Adapted from the February-April 2011 edition of At Home with Kowalski's magazine from our local Minnesota Kowalski's Markets - from 300 Sensational Soups by Carla Snyder and Meredith Deeds.*

**NUTRITION INFORMATION:** Yield: **10** Serving Size: **1**

*Amount Per Serving:* Calories: **438** Total Fat: **28g** Saturated Fat: **11g** Trans Fat: **0g** Unsaturated Fat: **18g**  
Cholesterol: **65mg** Sodium: **1025mg** Carbohydrates: **21g** Fiber: **2g** Sugar: **8g** Protein: **26g**

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**CUISINE:** American / **CATEGORY:** Soup

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