

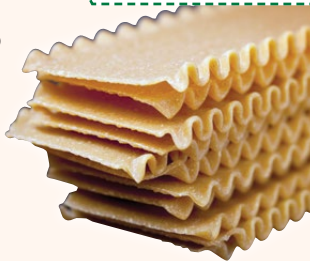
Lasagna Soup

- 1 tbsp olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 2 medium carrots, diced
- 1 can (28 oz.) plum tomatoes
- 1 can (15 oz.) brown lentils, drained and rinsed
- 4 cups water
- Pinch each dried basil and oregano
- 4 cups chopped spinach
- 1 cup whole-grain lasagna noodles, broken into pieces
- ¼ cup grated fresh Parmesan cheese
- Salt and pepper to taste



EASY recipe

Heat oil in a large soup pot set over medium heat. **Add** onion, garlic and carrot, and cook 5 minutes, stirring often. **Add** tomatoes, lentils, water, basil and oregano. **Bring** to a boil. **Add** spinach and lasagna noodles, and bring back to a boil. **Cook** until noodles are softened, about 10-12 minutes. **Serve** in soup bowls and season with fresh Parmesan cheese, salt and pepper to taste.



Makes 4 servings. Per serving:

362 calories | 16g protein | 7g total fat | 1g saturated fat | 3g mono fat | 2g poly fat | 69g carbohydrate | 4g sugar | 13g fiber | 476mg sodium