

Lasagna Soup

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/lasagna-recipe-with-italian-sausage-and-ricotta>

Ingredients:

- 2 teaspoons olive oil
- 1 1/2 pounds italian sausage I use Italian Turkey Sausage
- 3 cups onions chopped
- 4 garlic cloves minced
- 2 teaspoons dried oregano
- 1/2 teaspoon crushed red pepper flakes optional
- 2 tablespoons tomato paste
- 28 ounces diced tomatoes preferably fire roasted
- 2 bay leaves
- 6 cups chicken broth
- 8 ounces fusilli or mafalda pasta, or other pasta of your choice
- 1 tablespoon dried basil
- 1/2 cup fresh basil
- salt
- freshly ground pepper
- 8 ounces ricotta cheese
- 1/2 cup shredded Parmesan cheese
- 1/4 teaspoon salt
- 3 black pepper cracks of
- shredded mozzarella optional:, for sprinkling on top

Nutrition:

1. Calories: 1120 calories
2. Carbohydrate: 74 grams
3. Cholesterol: 165 milligrams
4. Fat: 70 grams
5. Fiber: 8 grams
6. Protein: 53 grams
7. SaturatedFat: 25 grams

8. Sodium: 2000 milligrams
 9. Sugar: 14 grams
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