

Slow Cooker Lasagna Soup

Yield: 8 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/parmesan-kale-italian-sausage-soup-recipe>

Ingredients:

- 1 1/2 pounds italian sausage
- 28 ounces crushed tomatoes
- 10 ounces lasagna noodles broken into smaller pieces
- 8 ounces kale fresh, optional
- 4 cups low sodium chicken stock
- 2 cups water
- 1 cup ricotta cheese
- 1 cup white onion chopped
- 1/2 cup Parmesan cheese grated
- 2 bay leaves
- 3 cloves garlic minced
- 2 tablespoons tomato paste
- 2 tablespoons extra virgin olive oil
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/2 teaspoon red pepper flakes
- kosher salt
- freshly ground pepper

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 85 milligrams
4. Fat: 37 grams
5. Fiber: 4 grams
6. Protein: 23 grams
7. SaturatedFat: 13 grams
8. Sodium: 1060 milligrams
9. Sugar: 1 grams

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