

LASAGNA SOUP

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat

Serves: 11 (Serving= 1 cup)

Nutrition (per serving)

Calories: 200

Total Fat: 4.5 g

Saturated Fat: 1.5 g

Sodium: 550 mg

Total Carbohydrate: 23 g

Dietary Fiber: 3 g

Total Sugars: 6 g

Added Sugars: 1 g

Protein: 15 g



Ingredients

- Cooking spray
- 1.25 pounds raw sweet Italian turkey sausage, casings removed
- 1 cup diced green bell pepper
- ¾ cup diced yellow onion
- 2 garlic cloves, peeled and minced
- 6 oven ready lasagna noodles, broken into small pieces
- 32 ounces unsalted beef stock
- 1 - 28 ounce can crushed tomatoes in tomato puree
- 1 - 8 ounce can no salt added tomato sauce
- ½ cup grated Parmesan cheese
- 1/3 cup tomato paste
- 1 Tablespoon dried Italian seasoning



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Directions

1. Spray medium skillet with cooking spray and cook sausage, bell pepper, onion and garlic over medium-high heat for 9-10 minutes. Drain liquid. Add to slow-cooker.
2. Add remaining ingredients to slow cooker. Cook on high for 2 hours or low for 4 hours.