



LASAGNE SOUP

Perfect fall comfort soup!

SERVINGS: 8

PREPPING TIME: 10 MIN COOKING TIME: 20 MIN

INGREDIENTS

- 1 pound lean ground beef (90% lean)
- 1 large green pepper, chopped
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 2 cans (14 1/2 ounces each) diced tomatoes, undrained
- 2 cans (14 1/2 ounces each) reduced-sodium beef broth
- 1 can (8 ounces) tomato sauce
- 1 cup frozen corn
- 1/4 cup tomato paste
- 2 teaspoons Italian seasoning
- 1/4 teaspoon pepper
- 2 1/2 cups uncooked spiral pasta
- 1/2 cup shredded Parmesan cheese

DIRECTIONS

In a large saucepan, cook beef, green pepper and onion over medium heat 6-8 minutes or until meat is no longer pink, breaking up beef into crumbles. Add garlic; cook 1 minute longer. Drain.

Stir in tomatoes, broth, tomato sauce, corn, tomato paste, Italian seasoning and pepper. Bring to a boil. Stir in pasta. Return to a boil. Reduce heat; simmer, covered, 10-12 minutes or until pasta is tender. Sprinkle with cheese.

RESOURCE

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