

SERVES: 4-6 PREP TIME: 5-10 MIN COOK TIME: 30 MIN SKILL LEVEL: REQUIRES USE OF: 222 2000

LASAGNA SOUP

INGREDIENTS:

tablespoon olive oil
medium onion, diced
pound Italian sausage, ground
pound ground beef, 93/7
cloves garlic, minced
tablespoons tomato paste
tablespoons Italian seasoning
bay leaf
(28 ounce) can crushed tomatoes
cups beef broth, low sodium
pound pasta, mini farfalle
ounces 4% cottage cheese, whipped
ounces mozzarella cheese, shredded

1 ounce Parmesan cheese, shredded

salt and pepper, to taste

Optional: fresh basil, torn

ITEMS TO GATHER:

apron measuring cups measuring spoons cutting board meat masher soup ladle tongs wooden spoon large pot

large pot



GET COOKIN'!

INSTRUCTIONS:

Place all your ingredients, prep and cooking tools on the counter near your cooking area.

Heat olive oil in a large pot over medium heat. Add the onions, season with salt and pepper, and stir occasionally with a wooden spoon until the onions have softened and slightly browned. Add the ground sausage, ground beef and garlic to the onions. Use the meat masher to break apart the meat until it is all broken down into small crumbles. Cook until the meat is cooked throughout.

Add the tomato paste, Italian seasoning, bay leaf, tomatoes, beef broth and pasta to the meat mixture; stir to combine. Bring soup to a boil, then reduce the heat so the soup gently simmers. Continue simmering until pasta is nearly done stirring occasionally, about 7 minutes. Turn off the heat and remove the bay leaf using tongs.

Gently add the whipped cottage cheese, mozzarella and Parmesan cheeses to the soup and stir to combine. The cheeses will melt into the soup from the residual heat. Add salt and pepper to taste.

Garnish the top of each serving with a sprinkle of cheese and fresh basil. Serve hot.

ENJOY!

TYPES OF ONIONS:

SHALLOT

Flavor: Subtle and mild How to use: Garnishing and vinaigrette

SWEET ONION

Flavor: Sweet How to use: Frying and roasting

RED ONION

Flavor: Mild How to use: Raw, salads, sandwiches, burgers

YELLOW ONION

Flavor: Spicy, but mellow when cooked **How to use:** All types of cooking

WHITE ONION

Flavor: Crunchy, pungent with high water content How to use: Chutneys, salsas