

Lasagna Soup

All of the flavor without all of the carbs!

Ingredients

- 1 Tbls olive oil
- 1 pound ground turkey
- 1 small onion, diced
- 1 yellow pepper, diced
- 4 cloves garlic, minced
- 3 cups chicken broth
- 1 (14 oz) can diced tomatoes (I use Rotel)
- 1 (15 oz) can tomato sauce
- 1 tsp Italian seasoning
- ¼ tsp red pepper flakes (more if you want it spicy)
- 1 tsp basil
- Salt & pepper to taste
- 3 packets Proti pasta
- Shaved parmesan cheese - optional
- Shredded mozzarella - optional



Directions

1. Brown ground turkey and onions in olive oil.
2. Add garlic and peppers and cook until tender, about 2 minutes.
3. Add broth, tomatoes, tomato sauce and seasonings; bring back to a simmer and add pasta packets.
4. Simmer for 15-20 minutes or until pasta is tender. (Proti pasta is firmer than regular pasta when cooked)
5. Serve with a tablespoon of shaved parmesan or shredded mozzarella cheese.
(This will add 20-35 calories to your dish - figure this into your nutritional facts)

Makes 6 servings

Nutrition Facts:

Calories 267
Total Fat 5.5g
Total Carbohydrates 13.9g
Dietary Fiber 3.3g
Protein 26.6g