

One-pot Lasagne Soup



Ballarat Health Services

Ingredients

1 tablespoon extra virgin olive oil
1 brown onion, finely chopped
400g beef lean mince
2 garlic cloves, crushed
2 tablespoons plain flour
2 tablespoons tomato paste
500g jar tomato pasta sauce
1 litre salt reduced chicken style liquid stock
5 dried lasagne sheets
2 tablespoons low fat milk
2 tablespoons chopped fresh flat-leaf parsley leaves, plus extra to serve
2 tablespoons chopped fresh basil leaves, plus extra to serve
1/2 cup grated mozzarella
1/4 cup finely grated parmesan



Method

Step 1 Heat oil in a large, heavy-based saucepan over medium-high heat. Add the onion. Cook for 5 minutes or until softened. Add the mince. Cook, breaking up lumps with a wooden spoon, for 6 to 8 minutes or until browned. Add garlic. Cook for 1 minute or until fragrant. Add flour and tomato paste. Stir to combine. Add pasta sauce and stock. Bring to the boil. Reduce heat to low. Simmer, stirring occasionally, for 15 minutes or until thickened slightly.

Step 2 Break up lasagne sheets into 6cm pieces. Add to soup. Simmer, stirring occasionally, for 10 minutes or until pasta is tender. Add milk, parsley and basil. Stir to combine. Season with salt and pepper.

Step 3 Ladle soup among serving bowls. Top with mozzarella, parmesan and extra parsley and basil. Serve.

Hearty soup for colder days

Source: www.taste.com.au