

Vegetarian Lasagna Soup



Craving the comforting taste of lasagna without spending hours in the kitchen? This lasagna soup brings together all the classic flavors of the beloved Italian dish in a quick and convenient form. A true delight that the whole family will love—perfect for a cozy weeknight meal!

Preparation 10 min

Cooking 15 min

Servings 6

Nutrition Facts (per serving)

Calories 480

Fat 7

Carbohydrates 73

Fibre 18

Protein 31

Sodium 1790

Ingredients

- 15 ml (1 tbsp) olive oil
- 675 g (1 bag) frozen spaghetti vegetable mix (including onions, celery, carrots, bell peppers, etc.)
- 500 ml (2 cups) dry textured vegetable protein (TVP) or 454 g (1 lb) extra-lean ground meat
- 1 can (796 ml) diced tomatoes
- 1 can (650 ml) tomato sauce (Primavera or Marinara)

- 1 can (156 ml) no-salt-added tomato paste
- 1.5 L (6 cups) reduced-sodium vegetable broth
- 6 whole wheat lasagna noodles, broken into pieces
- 750 ml (3 cups) fresh spinach

Topping

90 ml (6 tbsp) [tofu ricotta](#) (or store-bought light ricotta)

Preparation

1. Heat the olive oil in a large pot over medium heat.
2. Add the frozen vegetables and cook for 3 to 4 minutes, stirring occasionally.
3. Stir in the TVP or ground meat and cook for 2 minutes.
4. Add the diced tomatoes, tomato sauce, and tomato paste. Mix well.
5. Pour in the broth, bring to a boil, then reduce to medium heat.
6. Add the broken lasagna noodles and cook according to the package instructions, stirring occasionally.
7. Stir in the spinach at the end of cooking and let cook for 2 minutes until wilted.
8. Serve hot with a spoonful of ricotta on top.

Notes

Keeps for 5 days in an airtight container in the refrigerator. Freezes for up to 3 months.



Elsa Rochette – Nutritionniste Diététiste à Québec
Registered Dietitian Nutritionist in Quebec City