

When I was living in Lincoln with my good friend, Lana, I was introduced to tomato soup. Don't ask me why it took me until I was 19 years old to eat the stuff, but it did. And after that first taste, I nearly gagged.

Now after adding a few more years to my life and quite a few new tastes to my palate, tomato soup has become one of my favorite soups! It is amazing to me how our taste for food changes over the years and we evolve and appreciate so much more outside the realm of hot dogs and macaroni.

I got to thinking, if you can turn cheeseburgers into soup why couldn't I make lasagne (one of my favorite foods) into soup? So I messed around and did some research and think I have found the solution, and at no expense to my waistline, I might add. We are preparing to hibernate for the upcoming winter months, after all!

Lite Lasagne Soup

2 teaspoons olive oil

1 pound ground beef, browned and drained

3 cloves garlic, minced

1 (32-ounce) container chicken broth

1 (15-ounce) can tomato sauce

1/2 teaspoon salt

1/4 teaspoon crushed red pepper

4 ounces broken whole-wheat lasagna noodles (about 4 noodles)

1/2 cup chopped fresh basil

3 tablespoons grated parmesan cheese

1/2 cup reduced-fat shredded mozzarella cheese

8 Whole-wheat breadsticks (optional)

Heat the oil over medium-high heat in a large nonstick saucepot or Dutch oven. Add the hamburger and garlic. Simmer 5 – 8 minutes.

Add the broth, tomato sauce, salt, and crushed red pepper. Bring to a boil. Reduce the heat

and simmer, stirring occasionally, until the flavors are blended, about 20 minutes. Add the noodles; bring to a boil. (whole-wheat noodles take a little longer to cook.)

Reduce the heat and simmer, uncovered, stirring occasionally, until the soup thickens slightly and the noodles are tender, 10 – 12 minutes. Serve with the breadsticks.