

Lasagna Soup

Ingredients:

- 1 lb. Extra Lean Beef
- 4 t Olive Oil
- 4 Minced Garlic Cloves
- 1 t Salt
- 1 t Pepper
- 2 T Parsley
- 1 T Oregano
- 4 T Basil
- 8 Cups Beef Broth (Protein Product)
- ½ Cup Tomato Paste
- 2 Cups Diced Tomatoes with Liquid
- 1 ½ Cups Sliced Mushrooms
- ½ Cup Diced Green Onions
- 2 Cups Fresh Baby Spinach

Directions:

1. . Using a Crock Pot or Stock Pot, sauté onions and garlic in olive oil until fragrant.
2. . Add beef and cook until browned, crumbling as it cooks
3. . Add in the rest of ingredients except for spinach
4. . Let simmer and 15 minutes before serving, add spinach
5. . Garnish with Fresh Basil and Salt & Pepper to Taste

8 Servings - each serving is 4 oz of protein and 2 cups veggies

Phase 1 – you can add in 1 packet of Mac & Cheese

Phase 4 – you can add in 4 oz of Parmesan Cheese



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