

# 1-2-3 weeknight

Everything you expect in lasagna, like spicy sausage and melted cheese—but in a bowl!

*If you can't find these mini lasagna noodles, substitute campanelle or penne pasta. ▼*

This recipe blends the flavor of lasagna into a comforting soup. But the greatest thing is, you can have this on the table in under an hour! Not so with lasagna.

The soup relies on a couple of interesting items. The first is stewed tomatoes. Because they're preseasoned, they go a long way in quickly producing that familiar lasagna flavor—no need for long simmering. The second is mini lasagna noodles, or *mafal-da*. They're the perfect shape for this, but other pastas work too.

Believe it or not, the gooey cheese element is here as well—hot soup is poured over cheese chunks so they melt! For a full meal, a crisp salad with creamy dressing, *right*, is all you need.

## lasagna soup

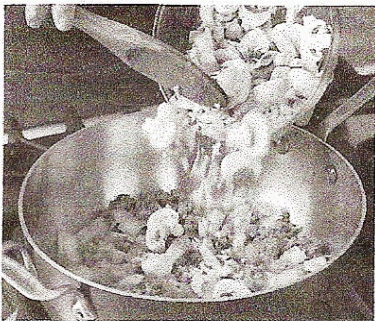
MAKES 8 CUPS; TOTAL TIME: 45 MINUTES

- 1 lb. bulk Italian sausage
- 2 cups onions, chopped
- 1 cup carrots, diced
- 2 cups mushrooms, sliced
- 2 T. garlic, minced
- 4 cups chicken broth
- 1 can Italian-style stewed tomatoes, chopped (14½ oz.)
- 1 can tomato sauce (10¾ oz.)
- 1 cup mafalda pasta
- 2 cups fresh spinach, chopped
- 1 cup provolone cheese or fresh mozzarella, diced
- ¼ cup Parmesan cheese, shredded
- 4 t. thinly sliced fresh basil

*Brown sausage in a large saucepan over medium-high heat. Add onions and carrots; saute 3 minutes. Stir in mushrooms and garlic, and saute another 3 minutes.*

*Add broth, stewed tomatoes, and tomato sauce, and bring to a boil. Drop in pasta and simmer until cooked, about 10 minutes, or according to package directions. Stir in spinach and cook until wilted. Place ¼ cup cheese into serving bowls and pour soup on top. Garnish with Parmesan and basil. Serve soup with salad, see right.*

Per cup: 214 calories; 51% calories from fat; 12g total fat; 15g carb.; 762mg sodium; 3g fiber; 8g protein



*Saute the sausage, onions, and carrots, then stir in the mushrooms and garlic.*



*Add the broth and tomatoes, and bring soup to a boil before adding the pasta.*



*Ladle soup over cheese to soften. For the best melting, let stand briefly, then serve.*