



Crockpot Lasagna Soup

Servings: 10

Ingredients:

Bruschetta Chicken:

- 1 lb ground beef, 90% lean or leaner
- 1 T. bottled minced garlic
- 1 T. dried parsley
- 1 T. dried basil
- 1 c. frozen diced onions
- 1 (28 oz) can diced tomatoes
- 1 (6 oz) can tomato paste
- 1 (12 oz) can v-8 juice
- 1/4 t. pepper
- 1/4 t. salt
- 3 c. beef broth (no sugar listed in ingredients)"
- 2 c. uncooked whole wheat pasta (such as conchiglie or small shells, rotini, or small elbows)

Instructions:

1. To cook immediately, combine all ingredients except pasta in a crockpot. Cook on low 5.5 hours or on high 3.5 hours. Add pasta and cook on high 45 more minutes or until pasta is al dente.
2. To freeze, combine all ingredients except pasta in a gallon sized zip top bag. Double bag, label, and freeze.
3. To cook after freezing, remove frozen meal from bags (I have found that if I microwave the meal in the bag for 1 minute, it comes out of the bag much more easily) and place in crockpot. Cook on low 7.5 hours or on high 5.5 hours. Add pasta and cook on high 45 more minutes or until pasta is al dente. 6-8 servings."