



Vegan Lasagna Soup

By Kathleen Henry @ Produce On Parade

Serves 6

Too tired to make lasagna or don't have the time? This recipe is for you! Lasagna soup has all the great flavors of lasagna, without the labor and time necessary to make the dish. Why haven't I been making lasagna soup all my life? My recipe is a slightly healthier and vegan version of the soup that is the ultimate comfort food. It's sure to be loved by everyone.

Ingredients

- 1 cup dried TVP (textured vegetable protein)
- 1 scant cup of hot water
- ½ tbsp soy sauce
- ½ tsp liquid smoke
- 2 tbsp olive oil
- 1 medium yellow onion, diced
- 2 large garlic cloves, minced
- 1 medium red or green bell pepper, diced
- 32 oz vegetable broth
- 2 15 oz cans diced tomatoes, undrained
- 1 15 oz can tomato sauce
- 2 tbsp tomato paste
- 1 cup frozen corn (optional)
- 2 tsp dried Italian seasoning
- 1 tsp dried basil
- Dash of freshly ground black pepper
- 12 oz (2 ½ cups) broken, dried lasagna noodles or pasta of choice
- ½ cup vegan shredded mozzarella
- 2 handfuls of fresh spinach, torn

Instructions

1. In a medium bowl, soak the TVP in the water, soy sauce, and liquid smoke; stirring to combine. Set aside until ready to use.
2. Heat the olive oil in a large soup pot over medium heat. Saute the onions and garlic until softened and fragrant, about 5 minutes. Add the bell pepper, saute an additional 3 minutes.
3. Add the reconstituted TVP, broth, diced tomatoes, tomato sauce and paste, corn, and seasonings. Stir well to combine and bring to a boil over high heat, then reduce to a simmer. Stir in pasta and cover; cook about 10 minutes, stirring occasionally.

4. One pasta is al dente, remove from heat and stir in cheese and spinach; add additional liquid smoke to taste. Serve hot. The pasta will absorb more of the liquid as it sits so feel free to add additional water or broth if you like.