
Lasagna Soup Insalata

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Servings: 6

Start to Finish Time: 30 minutes

1 pound bulk mild (or hot) Italian sausage

1/2 cup baby-cut carrots

1 package (8 ounce) trinity mix (diced fresh onions, bell peppers and celery)

1 jar (24 ounce) pasta sauce

1 carton (32 ounce) unsalted chicken broth

1/4 cup sun-dried tomato pesto

1 package (9 ounce) cheese ravioli

1 (12 ounce) baby kale salad kit (baby greens, cheese, toppings and dressing)

6 tablespoons part-skim ricotta cheese

Preheat a large stockpot for 2 to 3 minutes on medium-high heat. Brown the sausage for 5 to 7 minutes, stirring to crumble the meat, until no pink remains. Chop the carrots. Stir the carrots and trinity mix into the sausage. Cook and stir for 4 minutes.

Reduce the heat to medium-low. Stir in the pasta sauce, broth and pesto. Simmer for 8 to 10 minutes, stirring occasionally, or until hot.

Stir the ravioli into the soup. Cook for 4 to 5 minutes or until the ravioli is tender and the meat is 160 degrees. Meanwhile, chop the salad greens.

Divide the soup evenly among serving bowls. Top each bowl with even amounts of salad greens, salad toppings and dressing. Finish each bowl with one tablespoon of ricotta cheese.

Serve.

Soups, Chili, Stew

Per Serving (excluding unknown items): 63 Calories; 4g Fat (55.3% calories from fat); 3g Protein; 4g Carbohydrate; 1g Dietary Fiber; 5mg Cholesterol; 151mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Fat.