

Lasagna Soup with Creamy Alfredo: A Decadent Comfort Bowl

Lasagna Soup with Creamy Alfredo



TIME
5-7 min

PRINT
Recipe Card

SAVE
PDF

SOURCE
ChefManiac

INGREDIENTS

1 tablespoon olive oil
1 lb ground beef (80/20 lean recommended)
1/2 lb ground Italian sausage (mild or hot, depending on preference, optional)
1 medium yellow onion, chopped
3 cloves garlic, minced
1 (28 ounce) can crushed tomatoes
1 (15 ounce) can tomato sauce
4 cups beef broth or chicken broth (low sodium recommended)
1 teaspoon dried oregano
1 teaspoon dried basil
1/2 teaspoon salt (or to taste)
1/4 teaspoon black pepper
Optional: Pinch of red pepper flakes
8 ounces lasagna noodles, broken into 1-2 inch pieces
1/2 cup heavy cream
1/2 cup grated Parmesan cheese, plus more for serving
1/4 cup cream cheese, softened and cut into cubes
Optional Garnish: 1/4 cup fresh ricotta cheese and fresh parsley

DIRECTIONS

1. Let's get this decadent : Lasagna Soup simmering!
2. Brown : Meat: In a large Dutch oven or deep pot, heat the olive oil over medium-high heat. Add the ground beef and Italian sausage (if using). Cook, breaking up the meat with a spoon, until it's fully browned. Drain any excess fat.
3. SautØ Aromatics: Add the chopped onion and minced garlic to the pot. Cook for 5-7 minutes, stirring occasionally, until the onion is softened and translucent.
4. Build : Tomato Base: Stir in the crushed tomatoes, tomato sauce, beef/chicken broth, dried oregano, dried basil, salt, black pepper, and optional red pepper flakes. Bring the mixture to a gentle simmer, scraping up any browned bits from the bottom of the pot.
5. Cook : Noodles: Add the broken lasagna noodles to the simmering soup. Stir well to ensure the noodles are submerged. Reduce heat to medium-low, cover the pot, and simmer for 15-20 minutes, stirring occasionally, until the noodles are al dente (tender but still with a slight bite).
6. Create : Creamy Alfredo Finish: Remove the pot from the heat. Stir in the heavy cream, grated Parmesan cheese, and cubed softened cream cheese. Stir well until all the cheeses are completely melted and the soup is smooth and creamy. If the soup seems too thick, you can add a splash more broth or water until desired consistency is reached.
7. Serve & : Garnish: Taste and adjust seasoning if needed. Ladle the hot Lasagna Soup into bowls. For an authentic touch, dollop a spoonful of fresh ricotta cheese into each bowl and sprinkle with extra grated

Parmesan cheese and fresh parsley. Serve immediately.

SWAPS & NOTES

Meat: Using both ground beef and Italian sausage adds incredible depth and flavor.

You can use all beef or all sausage if preferred.

Ground turkey or a plant-based crumble can also be substituted for a leaner or vegetarian option.

Tomatoes: Crushed tomatoes provide a good base.

TIPS FOR SUCCESS

Don't Overcook Noodles: Lasagna noodles can get mushy if cooked too long in soup.

They'll continue to soften slightly as the soup rests.

Shred Cheese Freshly: For the creamiest, smoothest cheese sauce, shred your own Parmesan and cheddar (if using for topping) from blocks.

Pre-shredded cheeses can contain anti-caking agents that make sauces grainy.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/lasagna-soup-with-creamy-alfredo-a-decadent-comfort-bowl/>