

Print and cut out recipe label, then tape onto freezer bag with clear shipping tape.

Lasagna Soup

Date:

Additional Ingredients:

- 4 cups Water
- 8 oz Bowtie or broken lasagna noodles, uncooked
- 1 cup Spinach **Optional

freezermealprep.pro

Slow Cooker: (Recommended Method)

- Empty the thawed contents of the bag into a slow cooker and add 4 cups Water.
- Cook on low for 3-4 hours or to an internal temperature of 165F.

Pressure Cooker:

- Empty the frozen contents of the bag into a pressure cooker and add 4 cups Water.
- Turn the pressure to high and cook for 15 minutes, with quick pressure release.

Additional Instructions:

- Break up beef and return to liquid.
- Add 1 cup Spinach **Optional to pot
- Cook 8 oz Bowtie or broken lasagna noodles according to package directions and add to pot.

Serving Suggestions:

- Top with parmesan and fresh parsley for garnish. Serve with a side salad and breadsticks.