

One-Pot Lasagne Soup - p. 274

Ingredients:

Extra virgin olive oil, for sautéing
1 medium onion, diced
3 cups vegetable broth, or a combo of water and broth
3 garlic cloves, minced
½ cup dried lentils
1 28 oz can diced tomatoes, with liquid
½ cup red wine (or substitute)
½ Tbs. dried oregano
½ Tbs. dried basil
¼ tsp. Ground nutmeg
½ pound lasagne noodles, broken into pieces
Salt and white pepper (optional)
Tofu ricotta* or cashew cream for serving
Basil leaves for garnish

In a large soup pot, saute the onion in olive oil until tender, about 6-8 minutes.

Please next four ingredients (veg broth, garlic, lentils, and tomatoes) into the pot. Bring it to a boil and then reduce to medium-low heat to simmer for 20 minutes.

Stir in wine (or alternative), herbs, and spices and simmer 20 more minutes.

While the broth is simmering, cook the lasagne noodles according to package directions.

Add lasagne noodles to the soup; add salad and pepper to taste.

Remove from heat and ladle into individual bowls.

Serve with a generous dollop of tofu ricotta or cashew cream and garnish with basil.

To make tofu ricotta, blend 1 pound of extra-firm tofu (drained and patted dry) with 2 tsp. Garlic powder, 1 tsp. Oregano, 1 tsp basil, and lemon juice until combined. Stream in extra-virgin olive oil until you obtain the consistency that you want. If too thin=ck, add water, one tablespoon at a time, to thin out. Add salad and white pepper to taste.

Source:

The Blue Zones Kitchen: 100 Recipes to Live to 100
Dan Buettner