

PIZZA SOUP

Craving something comforting that just so happens to be two things in one? Well, look no further! Try this twist on a classic comfort food, while working in a variety of colors and vegetables.



PREP TIME
15 MIN



COOK TIME
35-40 MIN



SERVINGS
10-15 SERVINGS

Ingredients

- Oil for cooking
- 1 lb 92% lean ground beef OR 2-15oz cans of beans (suggested: any white beans)
- 1 red AND 1 green pepper, diced
- 1 medium onion (any type), diced
- 1 large portabella mushroom (or a handful of baby Bellas), de-stemmed and diced
- 4 small/medium garlic cloves, diced
- 1/2 tsp salt + extra to taste
- 1 tbsp dried oregano
- 1 tsp fennel seed
- pinch of red pepper flakes (optional, but recommended)
- 4 cups vegetable broth
- 15oz can tomato or pizza sauce (suggested: low sodium)
- 28oz can crushed tomatoes
- 8oz pasta of your choice
- 1/2 cup shredded mozzarella cheese + extra to taste

Instructions

1. Wash all produce.
2. IF using ground beef: cook ground beef on medium heat and set aside for later. Otherwise, move on to the next step.
3. Heat 2 tbsp oil on medium heat in a large pot and add the peppers, onion, mushroom, and garlic. Cook for 5 minutes to start softening the veggies.
4. Add salt, oregano, fennel seed, and pinch of red pepper flakes. Cook for another 2-3 minutes to further soften the veggies.
5. IF using ground beef, add it back into the pot. Add the sauce, crushed tomatoes, and broth. Bring this to a boil and then simmer for 10 minutes.
6. Add pasta, simmer for 10 minutes.
7. Add cheese (and beans IF using) and cook for another 5 minutes.
8. Taste soup and adjust seasonings as needed.
9. Serve and enjoy!

Notes:

- Serve with additional pizza-inspired toppings, such as: bread/croutons, fresh herbs, more cheese, etc.