

# White Chicken Lasagna Soup

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Adapted From Carls Bad Craving

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:634b6fc87562bb59a3add8d5>

- 1 pound boneless skinless chicken breasts (chopped)
- 3 teaspoons olive oil (divided)
- 1 tablespoons butter
- 1 large onion (chopped)
- 2 carrots (peeled and sliced)
- 1 green bell pepper (chopped)
- 4-6 cloves garlic (minced)
- 1/3 cup flour
- 9-11 cups low sodium chicken broth (divided)
- 3 tablespoons cornstarch
- 1 tablespoon chicken bouillon
- 1 tsp EACH dried parsley, dried basil
- 1/2 tsp EACH dried oregano dried thyme, salt, pepper
- 2 bay leaves
- dash- 1/4 teaspoon red pepper flakes (optional)
- 10 uncooked lasagna noodles broken into approx. 1-2 inch pieces\*
- 2 cups fat free half and half (may sub fat free evaporated milk)

- 1/2 cup heavy cream (optional)
  - 10 oz chopped frozen baby spinach (thawed)
  - 1 cup freshly grated Parmesan cheese
1. Heat 1 teas[ppm olive oil in a large Dutch oven/soup pot over medium high heat. Add chicken and cook until almost cooked through. Remove to a plate.
  2. Melt butter with 2 teaspoons olive oil in the now empty pot and heat over medium high heat. Add onions and carrots and cook, while stirring, for 3 minutes. Add bell pepper and garlic and cook for 1 minute. Sprinkle in flour then cook, stirring constantly for 3 minutes (it will be thick).
  3. Turn heat to low and gradually stir in 8 cups chicken broth. Whisk 3 tablespoons cornstarch with 1 cup additional chicken broth and add to soup. Stir in chicken, , chicken bouillon and all remaining herbs and spices. Stir in lasagna noodles.
  4. Bring to a boil then reduce to a simmer until lasagna noodles are tender, stirring occasionally so noodles don't stick to bottom (approximately 20-30 minutes).
  5. Turn heat to low, discard bay leaf and stir in half and half, optional heavy cream and spinach and warm through. Stir in 1 cup Parmesan cheese until melted. Stir in additional half and half or broth if desired for a less "chunky" soup. Season with additional salt and pepper to taste. Garnish individual servings with desired amount of cheeses (mozzarella, parmesan or ricotta).

Soup  
soup