

# Vegan Creamy White Lasagna Soup

**Hosted by: Zarah Rubio, Zone Program Manager**

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Adapted from: <https://www.rabbitandwolves.com/vegan-white-lasagna-soup/>

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Prep: 15 mins | Cook: 15 mins | Total: 30 mins

Yield: 6 servings

## Ingredients:

- 1 tablespoon olive oil
- 6 cloves garlic, chopped
- 6 oz. spinach
- ½ a sweet onion, chopped
- 4 cups vegetable broth
- 6 cups unsweetened almond milk
- 2 tablespoons Italian seasoning
- ¼ cup nutritional yeast
- 3 tablespoons flour
- 8 lasagna sheets
- Salt and pepper to taste

## TOP WITH...

- Fresh herbs



## Instructions:

1. In a large soup pot, heat the olive oil on medium high. Then add the garlic and onions to the pot. Sauté, reducing heat as needed until the garlic and onions are slightly caramelized. This may take 5-10 minutes.
2. Add Italian seasoning and sauté for another 1-2 minutes. Then, add the flour. Add a splash of vegetable broth to deglaze the pot for any stuck bits of garlic and onion on the bottom.
3. Next, pour in the vegetable broth, and whisk in the nutritional yeast.
4. Now, pour all the almond milk into the pot and whisk to combine everything.
5. Season with a few pinches of salt and pepper. Bring to a simmer.
6. Next, break the lasagna sheets into about 1-2 inch pieces. Then add them to the soup.
7. Simmer, stirring frequently until the noodles are al dente. Check your package for timing.
8. Once the noodles are done, taste and adjust seasoning. I sometimes need to add more salt.
9. Serve immediately. You can add spinach or greens to your bowl and pour the soup over so the spinach doesn't get over cooked! Top with fresh herbs!

## Notes:

For a non-vegan option, feel free to use half & half or milk in place of almond milk. Nutritional yeast is also optional.