

## Pizza Soup



### Makes:

20 servings, 1 cup each

### Utensil:

Saladmaster Food Processor  
10 Qt./9.5 L Roaster with Cover

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### Recipe:

### Contributed By:

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### Recipe Description:

This non-traditional manner of serving a traditional favorite will still give you all of the delicious tastes of pizza but without the greasy calories. Cook a little or cook a lot - this recipe will have your family cheering "ciao belle."

1 ½ pounds  
ground beef, 95% fat-free  
(680  
g)

### Directions:

1. Place ground beef in roaster over medium heat. Cook approximately 5 minutes or until brown, stirring occasionally and breaking into small pieces. Drain the fat, if any, that accumulates.
2. Add onion and bell pepper to meat. Cook for 5 minutes or until onion is translucent. Add mushrooms and garlic and continue to cook for 3 - 4 minutes more.
3. Add spaghetti sauce, broth, water and vegetable juice. Bring to a simmer and cook for 15 minutes.
4. Add dry pasta and continue to simmer for 15 minutes more or until pasta is tender.

### Tips:

- Vegans may use 1 or 2 12-ounce (340 g) bags of frozen meat substitute crumbles in place of ground beef. Add to soup after pasta is cooked.
- Top with freshly grated Parmesan cheese, if desired.
- Recipe may be cut in half and cooked in 5 Qt. Roaster.

### Nutritional Information per

▼ Serving

**Calories:** 160  
**Total Fat:** 2g  
**Saturated Fat:** 1g  
**Cholesterol:** 21mg  
**Sodium:** 430mg  
**Total** 23g  
**Carbs:**  
**Dietary Fiber:** 4g  
**Sugar:** 11g  
**Protein:** 12g

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