
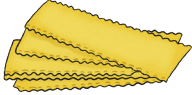





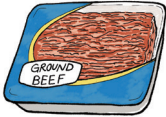


Dietary Modifications for:

Hearty Lasagna Soup



rad^odish

Diet		Ingredient	Swap
 Gluten-Free			Use gluten-free lasagna noodles, such as Jovial , Barilla , or Simply Balanced .
 Vegan	 Dairy-Free		Use dairy-free mozzarella cheese, such as Violife , Daiya , or Follow Your Heart .
	 Egg-Free		<i>No modifications necessary.</i>
	 Vegetarian		Replace with one (6 oz) package sliced mushrooms. Make the following recipe adjustments: <ul style="list-style-type: none">• Step 5: Add mushrooms in with vegetables to pot.• Step 7: Omit ground beef.• Step 8: Skip.