

White Chicken Lasagna Soup

White Chicken Lasagna Soup offers a sophisticated twist on the classic tomato-based version. This creamy, dreamy soup features a luxurious white sauce base that mimics a rich Alfredo or Béchamel, paired with tender chicken breast, spinach, and lasagna noodles. It is an elegant yet easy dinner option that feels like a hug in a bowl. Unlike the red version, this White Chicken Lasagna Soup focuses on the flavors of garlic, Parmesan, and herbs, creating a lighter (in color) but incredibly rich flavor profile. It is the perfect meal for those who prefer creamy pasta dishes over acidic tomato sauces. Ready in just 30 minutes, this soup is a fantastic way to enjoy the essence of a white lasagna without the baking time or the mess of multiple pans.

Why You'll Love This Recipe

Perfect for Comfort Lovers

If your idea of comfort food involves cheese, cream, and pasta, this recipe is calling your name. White Chicken Lasagna Soup combines the best elements of chicken alfredo and chicken noodle soup. It is incredibly satisfying and rich, making it perfect for winter nights when you need something substantial. The velvety broth coats the noodles perfectly, ensuring every bite is packed with flavor.

Spinach & Herb Highlights

This soup isn't just about the cheese; it gets a lift from fresh greens and aromatic herbs. The addition of baby spinach adds a nutritional boost and a beautiful pop of green color that contrasts with the creamy white soup. A generous amount of Italian seasoning, garlic, and thyme infuses the broth with savory notes that cut through the richness of the cream, creating a well-balanced dish that doesn't feel too heavy.

white chicken lasagna soup creamy winter soup recipe 2

White Chicken Lasagna Soup



Aaron recipes

A rich and creamy white version of lasagna soup featuring chicken, spinach, and plenty of Parmesan and mozzarella cheese.

[Print Recipe](#)

[Pin Recipe](#)

Prep Time 10 minutes mins

Cook Time 30 minutes mins

Total Time 40 minutes mins

Course Dinner, Soup

Cuisine Italian

Servings 6 servings

Calories 520 kcal

Equipment

- Soup Pot
- Whisk

Ingredients

- 1 lb chicken breasts
- 1 tbsp butter
- 1 medium onion, diced
- 3 cloves garlic, minced
- 2 tbsp flour
- 6 cups chicken broth
- 8 oz lasagna noodles, broken
- 1 cup half and half or heavy cream
- 2 cups baby spinach
- 1 cup mozzarella cheese, shredded
- 1/2 cup Parmesan cheese

Instructions

1. Sauté onion and garlic in butter. Add flour and cook for 1 minute.
2. Add broth and chicken breasts. Simmer until chicken is cooked.
3. Remove chicken to shred. Add noodles to pot and cook until soft.
4. Return chicken to pot along with cream and spinach.
5. Stir in cheeses until melted and serve.

Notes

Serve with a dollop of ricotta cheese on top for extra creaminess.

Keyword Chicken Lasagna, Creamy Soup, White Chicken Lasagna Soup

Ingredient Highlights & Substitutions

Essential Ingredients

The backbone of this White Chicken Lasagna Soup is a good quality chicken broth combined with heavy cream or half-and-half. Boneless, skinless chicken breasts are cooked directly in the broth to keep them moist. You'll need lasagna noodles (broken into pieces), fresh spinach, and a blend of cheeses—typically mozzarella for the “pull” and Parmesan for the salty, nutty flavor. Onion and garlic sautéed in butter start the flavor profile off right.

Smart Substitutions

For a lighter version, use evaporated milk instead of heavy cream; it provides creaminess with less fat. You can also add other vegetables like sliced mushrooms or sun-dried tomatoes to add more depth and texture. If you don't have lasagna noodles, bowtie (farfalle) or rotini pasta work well too, as their shapes hold onto the creamy sauce effectively. Rotisserie chicken can be used to speed up the process even further.

Step-by-Step Instructions

Prep Phase

Begin by dicing your onion and mincing the garlic. If using fresh chicken breasts, trim any fat. Break your dry lasagna noodles into rough 1-to-2-inch squares. Wash your spinach and remove any tough stems. Measure out your cream, broth, and spices. Having your cheese grated and ready is important because you will want to stir it in immediately once the soup is done cooking.

Cooking Phase

Melt butter in a large pot over medium heat. Add the onions and cook until translucent, then add the garlic and Italian seasoning. Sprinkle in the flour and cook for a minute to form a blonde roux. Whisk in the chicken broth and water slowly to prevent lumps. Add the whole chicken breasts and bring to a simmer. Cover and cook for about 15 minutes until the chicken is done. Remove the chicken to shred it. Add the pasta to the boiling broth and cook until tender. Return the shredded chicken to the pot along with the cream and spinach. Once the spinach wilts, remove from heat and stir in the Parmesan and mozzarella until smooth.

Pro Tips for Perfect Results

Technique Secrets

To keep the White Chicken Lasagna Soup looking pristine and white, avoid browning the onions or garlic too much; you just want them soft and fragrant. When adding the flour, cook it just enough to lose the raw taste but not enough to turn brown. This ensures your soup retains that beautiful creamy ivory color. Also, using freshly grated Parmesan cheese instead of the pre-shredded stuff makes a huge difference in how smoothly it melts into the broth.

Common Mistakes to Avoid

A common mistake is adding the cream too early. Dairy should always go in at the end of the cooking process to prevent scalding or curdling. Also, be careful with salt. Parmesan cheese and chicken broth can both be salty, so taste your soup *after* adding the cheese before deciding if you need to add more salt. It is easy to add more, but impossible to take it out.

Serving Ideas & Pairings

Presentation & Plating

Serve this soup in dark-colored bowls if you have them, as the contrast with the white soup is stunning. Top each bowl with a spoonful of ricotta cheese, a sprinkle of fresh cracked black pepper, and some fresh basil leaves. The ricotta melts slowly into the hot soup, adding an extra layer of creaminess that is absolutely divine.

Pairing Suggestions

This rich soup pairs wonderfully with a [Rotisserie Chicken Salad](#) on the side if you are doing a soup-and-salad combo, or simply some garlic breadsticks to dip into the broth. A glass of crisp white wine, like a Pinot Grigio or Sauvignon Blanc, cuts through the richness of the cream and cheese, balancing the meal perfectly.

Frequently Asked Questions

Can I use cooked chicken?

Absolutely. Using leftover grilled chicken or rotisserie chicken is a great time-saver. Skip the step of simmering the raw chicken in the broth. Instead, just bring the broth to a boil, add the noodles, and then add the cooked shredded chicken at the end with the spinach and cream just to warm it through.

What if I don't like spinach?

Spinach is traditional for the color and nutrition, but you can easily leave it out if you have picky eaters. Alternatively, you could swap it for kale (remove stems and chop finely) or even frozen peas if you want to add a vegetable that is a bit sweeter and kid-friendly.

Does this soup reheat well?

Like most pasta soups, the noodles will soak up the broth in the fridge. The flavor will still be amazing—maybe even better—but the texture will be more like a creamy pasta dish than a soup. You can add a cup of milk or broth when reheating on the stove to restore the soup consistency.

Conclusion

White Chicken Lasagna Soup is a luxurious, comforting meal that feels special enough for company but is easy enough for a Tuesday night. It captures all the indulgence of a white cheese lasagna in a fraction of the time. The combination of tender chicken, al dente pasta, and savory creamy broth is undeniable. Once you try this white version, it might just become your new favorite way to eat lasagna.

Rotisserie Chicken Salad

Nutrition Facts

Nutrient	Amount	% Daily Value
Calories	520	26%
Protein	35g	70%
Carbs	30g	10%
Fat	28g	43%
Cholesterol	110mg	37%

Generated by Aaron Recipes