

Lasagna

Recipe makes 8 meals

Ingredients

1 lb 93/7 Lean Ground Beef
1/2 lb Sweet Italian Sausage
12 Lasagna Noodles
3 Garlic Cloves, chopped
1 small Onion, chopped
1 Whole Egg
24 oz jar Roasted Garlic Pasta
Sauce
15 oz Skim Milk Ricotta Cheese
7 oz Reduced Fat Mozzarella
Cheese, divided
1/2 C Grated Parm, divided
1/2 Tbsp Garlic Powder
1 tsp Oregano
1/2 tsp Basil
1/2 tsp Thyme
1/2 tsp Salt
1/4 tsp Black Pepper
Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 463

Fat - 18g

Carbohydrates - 40g

Protein - 36g

**Estimated Cost
Per Meal**

\$2.72

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Instructions

1. Start by heating a large skillet over medium-high heat and add your ground beef, sweet Italian sausage, chopped onion, and chopped garlic. Mix together and break up while cooking. Once the beef and sausage are cooked through, add your jar of pasta sauce. Mix, cover, reduce the heat to a simmer, and cook for 10-15 mins.
2. While your meat sauce is simmering, measure out 1 cup of mozzarella and 1/4 cup of grated parmesan cheese and set those aside. Those are going to be used to top your lasagna.
3. For your cheese mixture, in a large mixing bowl, add in 15 ounces of ricotta cheese, one egg, 1/4 cup grated parmesan cheese, the remaining 3/4 cup mozzarella, 1/2 Tbsp garlic powder, 1 tsp oregano, 1/2 tsp basil, 1/2 tsp thyme, 1/2 tsp salt, and 1/4 tsp black pepper. Mix and set aside.
4. Cook your pasta according to the instructions on the package.
5. When your meat sauce is done simmering, taste and add salt and pepper to preference.
6. When everything is ready, start building your lasagna. Start by covering the bottom of your casserole dish with a little sauce. Then you'll build this in layers of 3 or 4 noodles, then cheese mixture, sauce, repeat. Repeat those steps until you run out of noodles then top with your remaining 1 cup of mozzarella and 1/4 cup of grated parm.
7. Spray a piece of aluminum foil with non-stick spray and cover your lasagna (sprayed side down). Cook on 375°F for 30-40 minutes. Remove from the oven, take off the aluminum foil and cook for an additional 10-15 minutes uncovered. When done, remove from the oven and let rest for about 15 minutes before cutting. Then slice into 8 pieces.

8. Enjoy!

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Notes

- Most of my recipes are for 6 servings but since this is a big lasagna, the portions are increased to 8. This can be meal prep for the week or a nice family dinner!
- Serve with a side of your favorite veggies and some garlic bread!
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.