

Lasagna



Trisha's Dishes

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I love Lasagna but over the years making a pan of Lasagna was too much work and too much food. My mother-in-law brought home some Oven Ready Lasagna noodles and everything changed.

Note: This recipe has four steps. You can do them all at one time or stage them over several days. The unbaked recipe can be refrigerated up to 48 hours or frozen up to 2 months.

Ingredients:

- ☑ 1 small size onion, chopped
- ☑ ½ cup green bell pepper, chopped
- ☑ Minced garlic to taste
- ☑ 1 lb. ground beef
- ☑ 3 cups (26 oz. jar of your favorite) spaghetti sauce
- ☑ 1 (8 oz.) can tomato sauce
- ☑ 1 can Italian diced tomatoes
- ☑ 4 to 12 Oven Ready Lasagna Noodles
- ☑ 2 cups (16 oz.) shredded Monterey Jack cheese
- ☑ 1 large egg, slightly beaten
- ☑ ½ teaspoon dried basil leaves
- ☑ ½ teaspoon dried oregano leaves
- ☑ 1 tablespoon Parsley flakes
- ☑ 4 cups (16 oz.) shredded mozzarella cheese – **go lite!*
- ☑ ¼ cup Parmesan cheese – **go lite!*

**look for products with fewer calories, less fat and less sodium*

Servings: 9 x 13" Rectangle Pan – 6 to 9

Prep Time: 45 minutes

Cooking Time: 45 minutes @ 350 degrees

Instructions:

Step 1 – The Sauce

1. Sauté in a large skillet (with a little olive oil) onion, bell pepper, and garlic.
2. Add meat and cook until browned, drain if needed.
3. Stir in spaghetti sauce, tomato sauce and diced tomatoes, simmer 20 to 30 minutes.

Tip: If you're making a BIG batch of Sauce and want to freeze some, remember to leave an inch of room at the top of your storage container. Liquids expand when they freeze.

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Instructions:

Step 2 – The Filling

1. In a small bowl, mix seasonings with slightly beaten egg.
2. Add 4 cup (4 oz.) shredded Monterey Jack cheese, stir until just blended.
3. Set aside.

Step 3 – Assemble

1. Lightly spray baking dish with cooking oil.
2. Spread “The Filling” on 9 pieces of the uncooked Lasagna noodles, set aside.
3. Spread about 1 cup of “The Sauce” over bottom of pan.
4. Arrange 3 pieces of the uncooked Lasagna noodles spread with “The Filling” crosswise over sauce. The pasta should not touch the sides of the pan or overlap as it will expand while baking.
5. Spread about 1 cup of “The Sauce” over “The Filling”.
6. Sprinkle with 1 cup mozzarella cheese.
7. Repeat steps 4, 5 and 6 (you have now used 6 noodles).
8. Repeat steps 4, 5 and 6 (you have now used all 9 noodles).
9. Top with 3 uncooked Lasagna noodles (no filling), spread remaining Sauce over noodles.
10. Sprinkle with remaining mozzarella and the Parmesan cheese.
11. Cover with foil and bake as directed.

Step 4 – Bake

1. Bake covered for 30 minutes.
2. Remove foil and bake, if needed, an additional 10 to 15 minutes until hot and bubbly.

To Serve:

- ◇ Sprinkle lightly with additional Parmesan cheese.
- ◇ Serve with warm Parmesan stick or garlic bread.

Tip: Consider your serving needs and instead of making a large pan serving 6 to 9 people, make one loaf pan using 4 noodles and one square pan using 8 noodles.

Loaf pan – Serving 2 to 3;

8/9” Square pan – Serving 4 to 6; pictured above