

Lasagna Rolls



Trisha's Dishes

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When the boys were at home I use to make stuffed shells. They were a family favorite but a lot of work. I figured out an alternative approach to stuff shells, they are less work and actually better for serving.

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.

Servings: 9 (one Lasagna Roll per serving)

Prep Time: 45 minutes

Cooking Time: 30 - 45 minutes @ 350

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.

Step 2 – The Rolls

1. Cook and drain noodles as directed, set aside.
2. Mix cream cheese with egg.
3. Add mozzarella and parsley flakes, stir until just blended.
4. Place an ice cream scoop full of the cheese mixture at one end of each Lasagna noodle, roll and set aside.

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
- ☑ 9 Lasagna Noodles
- ☑ 8 oz. cream cheese, softened - **go lite!*
- ☑ 1 egg, slightly beaten
- ☑ 4 oz. shredded mozzarella cheese – **go lite!*
- ☑ 2 tablespoons Parsley flakes
- ☑ Parmesan cheese - **go lite!*

Tip: Place drained, cooked noodles on wax paper to cool. This will keep them from sticking together and make them easier to handle.

Lasagna Rolls

Instructions:

Step 3 – Assemble

1. Lightly spray with cooking oil a 13x9x2 inch baking dish.
2. Spread about 1 cup of sauce over bottom of pan.
3. Arrange Lasagna rolls in 3 rows of 3 as pictured below.
4. Place ½ cup of sauce on top of each roll.
5. Sprinkle with Parmesan cheese.
6. 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.

