

YUMMY GOOD LASAGNA

(1 large pan)

INGREDIENTS – MEAT SAUCE:

1-1/2 lbs. extra lean ground beef
2 tsp. dried oregano
1 cup chopped onion
1-8 oz. can tomato sauce
1 tsp. salt
1 tsp. pepper
1-28 oz. can diced tomatoes
1-14 oz. can Italian style stewed tomatoes
1-6 oz. can tomato paste
1 tsp. dried basil
4 cloves garlic, minced
2 Tbsp. dried parsley
1-8 oz. package shredded Mozzarella cheese

INGREDIENTS – FILLING:

2 cups small curd non-fat cottage cheese, drained
1 large egg
1-15 oz. container of non-fat ricotta cheese
½ cup shredded Parmesan cheese
2 Tbsp. dried parsley

AND:

12 No boil lasagna noodles
Preheat oven to 350 degrees.

DIRECTIONS – MEAT SAUCE:

Brown beef in large saucepan for about 10 minutes, drain and set aside.
Wipe pan with paper towels; spray pan with cooking spray and sauté garlic and onion over medium heat for 6 minutes.
Return meat to pan and add diced tomatoes, tomato sauce, stewed tomatoes and tomato paste. Add 2 Tbsp. parsley, basil, oregano, salt and pepper. Stir together and bring to a boil. Cover pan, reduce heat to low and simmer for 15 minutes.

DIRECTIONS - FILLING: Mix all ingredients together in bowl and set aside in refrigerator.

TO ASSEMBLE:

Add 1 cup meat sauce to bottom of provided large foil pan. Begin layering 4 lasagna noodles, half of the cottage cheese filling, 2-1/4 cups of the meat sauce, and 2/3 cup of Mozzarella cheese.
Repeat these layers once more ending with a layer of noodles. Pour remaining sauce over the top.

Cover with heavy aluminum foil and bake for 1 hour at 350 degrees.
Uncover and top with remaining Mozzarella cheese. Place in oven and bake until cheese melts (approximately 10 minutes).
Let cool about 20 minutes, cover with heavy duty aluminum foil and freeze. Label with casserole name.