

Beef Lasagna

1 –

I am giving this 5 stars for ease alone...I didn't even cook the lasagna noodle. One layer sauce on the bottom of the pan – noodles then a layer of sauce. I assembled in the morning using homemade leftover sauce and put in the refrigerator. I took it out and popped it in the oven – for about 45 minutes – took the foil off and cooked an additional 10. Perfect and oh so easy. UPDATE – I made this with Johnsonville Italian sausage and it was great.

2 –

I never know how many stars to leave when I make changes. Just for personal preference, I'd give it 4 stars because I don't care for the cottage cheese/egg layer, and leave that out. Usually when I make my own lasagna I don't precook my noodles, and we prefer shredded chicken over ground beef. Other than that, this is pretty close to how I make mine! I probably use more cheese, and sometimes cheddar in addition to the mozzarella. For variety, if we have veggies that need to be used I might add sliced zucchini and/or spinach as well. But this recipe is a good, solid, simple lasagna, and you should try it!

For Ingredients And Complete Cooking Instructions Please Head On Over To Next Page Or Open button (>) and don't forget to SHARE with your Facebook friends

Ingredients:

Non-Stick cooking spray
3/4 lb extra-lean ground beef
3 garlic cloves, minced
1-1/2 tsp dried oregano leaves

1 (24 oz) jar spaghetti sauce
1 large tomato, chopped
1 egg
1 (16 oz) carton 2% cottage cheese
1/4 cup grated Parmesan cheese
9 lasagna noodles, cooked
1 (7 oz) package 2% shredded Mozzarella cheese, divided

Directions:

1. Preheat oven to 375° F.
2. Brown meat with the garlic and oregano in a large saucepan. Stir in 1 cup spaghetti sauce; simmer 5 minutes, stirring occasionally. Remove from heat; stir in tomatoes. Mix egg, cottage cheese and Parmesan together until well blended.
3. Spread 1/2 cup of the meat sauce onto bottom of a 13 by 9-inch baking dish sprayed with cooking spray. Top with layers of 3 noodles, half the cottage cheese mixture, 1/2 cup of the mozzarella and 1 cup sauce. Repeat layers. Top with remaining noodles and sauce; cover.
4. Bake 30 minutes or until heated through. Top with remaining mozzarella; bake uncovered, 5 minutes or until melted. Let stand 5 minutes before serving.

Yield: 9 Equal Sized servings

Nutritional Information:

Calories 320, Carbs 32g, Fat 10g, Fiber 3g, Cholesterol 65mg,
Protein 25g, Sodium 710mg,
Sugars 7g, Calcium 45 %DV

Source : allrecipes.com