

Easy Lasagna

Recipe Source: Cooking with Extension Cookbook, pg. 22

Ingredients:

½ lb. ground beef or ground turkey, lean or extra lean
1 can (14.5 oz.) diced tomatoes, unsalted, do not drain
1 cup water
½ teaspoon parsley
½ teaspoon oregano
1 Tablespoon Italian Seasoning
8 oz. whole grain lasagna noodles or egg noodles (if preparing on stovetop) **can add either prep day or day of cooking
12 oz. cottage cheese, fat free, *not needed until day of cooking
2 cups mozzarella cheese, reduced fat, shredded and divided, *not needed until day of cooking

Directions:

1. Label your freezer container with the name, cooking instructions, and use by date (3 months from today).
2. Brown ground beef or turkey. Drain and return to skillet. (*The safe internal temperature for cooked ground beef is 160° Fahrenheit. Turkey is 165° Fahrenheit.)
3. Stir in diced tomatoes, water, parsley, oregano, and Italian seasoning.
4. Bring to a boil and simmer for about 5 minutes.
5. Cool and transfer to plastic freezer container or freezer bag. Freeze.

Makes 6 servings. Add in onions, spinach, or broccoli to add more vegetables. Serve with fruit or a green salad.

To Use in slow cooker: The day before cooking, move container to refrigerator to thaw. Layer dry noodles, meat & tomato mixture, cottage cheese, and mozzarella cheese. Repeat layers. Cover and cook on Low for about 6 hours.

To use on stovetop: The day before cooking, move container to refrigerator to thaw. Bring to a boil and add uncooked pasta. Cover and cook on medium heat for 15 minutes. Stir in cottage cheese. Cover and cook for 5 minutes. Stir in 1½ cups of mozzarella cheese. Sprinkle the remaining cheese on top. Cover and remove from heat. Let stand for 5 minutes to melt cheese.

Prep ahead to save time at class: Cook ground beef or turkey, drain. Cool and put in baggie or container. Refrigerate.

Tip: To reduce cooking time on stovetop on serving day, add noodles on prep day. Cover and cook on medium heat for 10 minutes. Cool and freeze as above. To finish recipe, bring to a boil and cook on medium heat for 5 minutes before finishing recipe as above (step 8).

Kitchen Equipment Needed:

Can opener

Measuring cups and spoons

Liquid measuring cup

Large skillet

Spatula

Large spoon

Meat thermometer

Nutrition Information per serving: calories 370; total fat 11g; saturated fat 6g; sodium 440mg; total carbohydrates 35g; fiber 2g; protein 32g