

1 Large Tin Tray OR 2 – 8” x 8” Tin Trays

EASY AMERICAN LASAGNA

Prep Time: 45 minutes

Cook Time: 45 minutes



INGREDIENTS:

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| <ul style="list-style-type: none">• 1 pound ground beef• ½ pound sweet Italian sausage (not necessary)• 1 teaspoon minced garlic• 24 ounces jarred marinara sauce.• 8 ounces tomato sauce• 3 teaspoons dried Italian seasoning• (DIVIDED)• 1 teaspoon dried parsley flakes• ¼ teaspoon black pepper | <ul style="list-style-type: none">• Salt to taste (go easy on the salt since the cheeses contain plenty of salt. Always test sauce before adding salt)• 15 ounces whole fat ricotta cheese• 2 cups Shredded mozzarella cheese.• (DIVIDED)• ½ cup shredded parmesan cheese• (DIVIDED)• Lasagna noodles |
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INSTRUCTIONS:

1. Cook ground beef and sausage until done, about 6-8 minutes. Drain off the fat.
2. Add the jar of marinara sauce and tomato sauce. Add the minced garlic, 2-½ teaspoons Italian seasoning, black pepper, and parsley. Stir well to combine all the ingredients. Let the sauce slow simmer, covered, for 30 minutes. After 30 minutes, taste the sauce for flavor.
3. While the sauce is cooking, cook the pasta according to the package directions. *You can skip this step if using no-boil pasta or the refrigerated lasagna.*
4. In a small bowl, combine the ricotta cheese, 1 cup of the mozzarella cheese, ¼ cup parmesan cheese, and ½ teaspoon of Italian seasoning. Divide the mixture into 3 equal parts; it doesn't have to be perfect but try to have 3 similar size portions.
5. Preheat oven to 350F. In a 9x13 casserole dish, spread a very thin layer of meat sauce to the bottom of the dish.

Layer 1: Place lasagna noodles in the casserole dish. Spread a layer of ricotta cheese mixture on top of noodles. Then add a layer of meat mixture (about 1 cup).

Layer 2: Repeat with another layer of three noodles, a layer of ricotta cheese mixture, and 1 cup of meat sauce.

Layer 3: Layer the remaining three lasagna noodles, a layer of ricotta cheese mixture, remaining meat sauce, 1 cup mozzarella cheese, and ¼ cup parmesan cheese.

Spray a sheet of aluminum foil with non-stick spray and cover the lasagna with the sprayed side down (this prevents the cheese from sticking to the foil). Bake for 30 minutes. Remove foil and bake for another 10-15 minutes or until the cheese is nice and browned.

FREEZING INSTRUCTIONS FOR PREPARED MEALS:

- ✓ Cool meal **completely!!!**
- ✓ PLEASE **DO NOT** OVER FILL THE CONTAINERS...LEAVE ABOUT 1" TO ¾" SPACE FROM TOP.
- ✓ Cover with saran wrap or aluminum foil (we prefer aluminum foil).



- ✓ Press down into the sides of the cooking pan to ensure that no air is trapped under the wrap. This will protect your dish from freezer burn and prolong its freezer life.



- ✓ Then, cover with foil cover that was given. Make sure label sticks to cover.