

# Lasagna

## Ingredients

1. **6-8** Lasagna noodles
2. **1 lb,** Mozzarella cheese (sliced)
3. **1 lb.** hamburger
4. **1** small onion
5. **1** clove garlic
6. **2** cups of tomatoes (28 fluid oz)
7. **12** oz tomato paste
8. **3** cups ricotta or cottage cheese
9.  $\frac{1}{2}$  cup parmesan or romano cheese (grated)
10. **2** eggs
11. **1** tbsp Basil
12. **2** tbsp. Parsley flakes
13. Salt
14. Pepper



## Directions

### 1. Meat Sauce

1. Chop and brown the onion until translucent
2. Add Hamburger and brown
3. Add Tomatoes, tomato paste, Basil and  $\frac{1}{2}$  tsp of salt
4. Simmer for 30 minutes.

### 2. Cheese Filling

1. Beat the eggs, add Cottage cheese, Parmesan cheese, Parsley flakes, 1 tsp of salt and  $\frac{1}{2}$  tsp of pepper

### 3. Put it together

1. In a 9 X 13 inch pan layer in the following order
2. Noodles / Cheese Filling / Mozzarella cheese / Meat sauce (Repeat)

3. Top with more Parmesan cheese (sprinkle liberally)
4. Bake @ 375°F for 30 minutes
5. Let stand 10 minutes before serving.

When making for the class - two large pans

Make 4 recipes - requires 1½ boxes of noodles and 3 blocks of cheese  
(everything else is X4 except salt, double the salt)

#### **4. To make Vegetarian lasagna**

Substitute for ground beef:

- 1 pound mushrooms, sliced
- 1 green pepper diced
- 1 pkg frozen spinach chopped

#### **Shopping List for Wednesday (6 Recipes - 2 double meat, 1 double vegetarian)**

	On Hand	Purchase
2 ½ boxes of noodles	_____	_____
5 blocks of mozzarella cheese	_____	_____
4 lbs hamburger	_____	_____
6 small onions	_____	_____
6 cloves of garlic	_____	_____
6 28 fl. oz cans of diced tomatoes	_____	_____
6 12 oz cans of tomato paste	_____	_____
9 500 ml cottage cheese	_____	_____
3 cups parmesan cheese	_____	_____
1 dozen eggs	_____	_____
6 tbsp Basil	_____	_____
12 tbsp Parsley flakes	_____	_____
2 lbs mushrooms	_____	_____
2 green peppers	_____	_____
2 pkgs. frozen spinach	_____	_____
3 pans for baking lasagna	_____	_____