

Easy Meaty Lasagna

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Servings: 8

*12 lasagna noodles
2 pounds ground beef
16 ounces whole-milk ricotta cheese
16 ounces Italian cheese blend,
shredded
salt (to taste)
pepper (to taste)
4 cups pasta sauce
chopped fresh parsley (optional) (for
garnish)*

Preparation Time: 15 minutes

Cook Time: 45 minutes

Bring a large pot of salted water to a boil over medium-high heat. Add the noodles. Cook until just softened, about 6 minutes. Lay the noodles flat on a sheet tray. Set aside.

In a large skillet over high heat, cook the beef until browned, about 8 minutes, breaking it up into small pieces with a wooden spoon. Set aside.

In a medium bowl, stir together the ricotta, three cups of the Italian cheese blend, 1/2 teaspoon of salt and one teaspoon of pepper.

Preheat the oven to 400 degrees.

Spread one cup of pasta sauce into a 13x9-inch baking dish. Top with three lasagna noodles, 1/2 cup of sauce, one-third of the cooked beef and one-third of the ricotta mixture. Continue layering two more times with lasagna noodles, sauce, cooked beef and ricotta mixture. Top with the remaining lasagna noodles. Drizzle evenly with the remaining 1-1/2 cups of sauce. Cover the baking dish tightly with foil.

Bake until the noodles are tender, about 35 minutes.

Remove the foil. Sprinkle the lasagna with the remaining one cup of the Italian cheese blend. Broil until the cheese is melted and beginning to brown in spots, 2 to 3 minutes.

Let sit for 15 minutes. Sprinkle with parsley (if using). Serve.

Per Serving (excluding unknown items): 825 Calories; 32g Fat (35.7% calories from fat); 35g Protein; 95g Carbohydrate; 3g Dietary Fiber; 96mg Cholesterol; 86mg Sodium. Exchanges: 6 1/2 Grain(Starch); 2 1/2 Lean Meat; 4 1/2 Fat.