

Quick Lasagna

Rosemary Winn

St Timothy's - Hale Schools - Raleigh, NC - 1976

*1 pound ground beef
1 teaspoon garlic salt
1 can tomatoes
1 can tomato sauce
1 1/2 teaspoons salt
1/4 teaspoon pepper
1/2 teaspoon oregano
8 ounces regular size
noodles
1 carton cottage cheese
grated cheese
grated Parmesan cheese*

Preheat the oven to 325 degrees.

In a skillet, brown the meat. Add the garlic salt, tomatoes, tomato sauce, salt, pepper and oregano.. Cover and simmer for 20 minutes.

In a pot, cook eight ounces of noodles according to package directions.

In a casserole dish, layer one-half the meat mixture, then one-half the noodles, the remaining meat mixture and the remaining noodles. Sprinkle the top with grated cheese and sprinkle some Parmesan.

Bake for 30 minutes.

(Can be prepared one day ahead and cooked before serving. Freezes well.)

Per Serving (excluding unknown items): 1717 Calories; 126g Fat (66.2% calories from fat); 111g Protein; 33g Carbohydrate; 6g Dietary Fiber; 405mg Cholesterol; 7967mg Sodium. Exchanges: 0 Grain(Starch); 15 Lean Meat; 4 Vegetable; 18 Fat; 0 Other Carbohydrates.