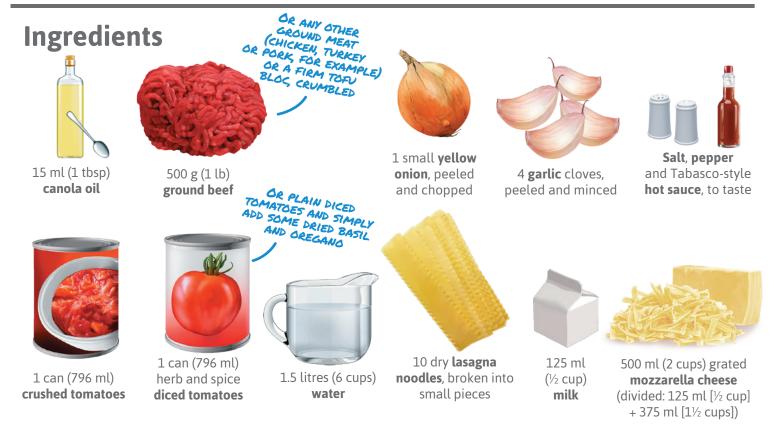


Lasagna Casserole

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Preparation time	5 minutes
Cooking time	40 minutes
Servings	8
Cost per serving	\$2.29
Storage	3 days in the fridge. Can be frozen.
Kitchen tools	Measuring cups and spoons, cutting board, sharp knife, large pot, can opener, grater, wooden spoon





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Fruit

Balanced plate

Serve with:

- ? Vegetables (salad or raw vegetables, for example) to round out the serving,
- A glass of milk or fortified soy beverage



Directions

Heat the **oil** in a large pot over medium-high heat. Add the **ground beef** and cook without stirring until the pork starts to brown (about 5 minutes).



Add the **onion** and cook for about 3 minutes.



Add the garlic, salt, pepper and hot sauce. Mix.



Add the **crushed tomatoes**, **diced tomatoes** and **water**. Bring to a boil over medium-high heat.



Add the **lasagna noodle pieces**, reduce heat to low and simmer for about 20 minutes, or until the noodles are done and the sauce has thickened.



lips

3







Stir in the milk and 125 ml (½ cup) of mozzarella cheese, and cook over low heat for 2 minutes.



Serve. Garnish each dish with the remaining **mozzarella cheese**.



This original recipe was developed by Extenso -The Université de Montréal reference centre on human nutrition







