

Lasagna Casserole



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

Ingredients



15 ml (1 tbsp)
canola oil



500 g (1 lb)
ground beef

*OR ANY OTHER
GROUND MEAT
(CHICKEN, TURKEY
OR PORK, FOR EXAMPLE)
OR A FIRM TOFU
BLOCK, CRUMBLED*



1 small **yellow
onion**, peeled
and chopped



4 **garlic** cloves,
peeled and minced



Salt, pepper
and Tabasco-style
hot sauce, to taste



1 can (796 ml)
crushed tomatoes



1 can (796 ml)
herb and spice
diced tomatoes

*OR PLAIN DICED
TOMATOES AND SIMPLY
ADD SOME DRIED BASIL
AND OREGANO*



1.5 litres (6 cups)
water



10 dry **lasagna
noodles**, broken into
small pieces

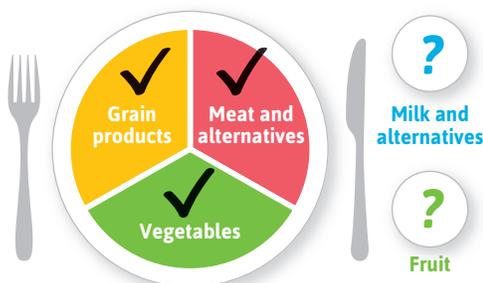


125 ml
(½ cup)
milk



500 ml (2 cups) grated
mozzarella cheese
(divided: 125 ml [½ cup]
+ 375 ml [1½ cups])

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Balanced plate

Serve with:

? Vegetables (salad or raw vegetables, for example) to round out the serving, and a fruit

? A glass of milk or fortified soy beverage

Directions

- 1 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).

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

- 3 Add the **garlic, salt, pepper** and **hot sauce**. Mix.

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

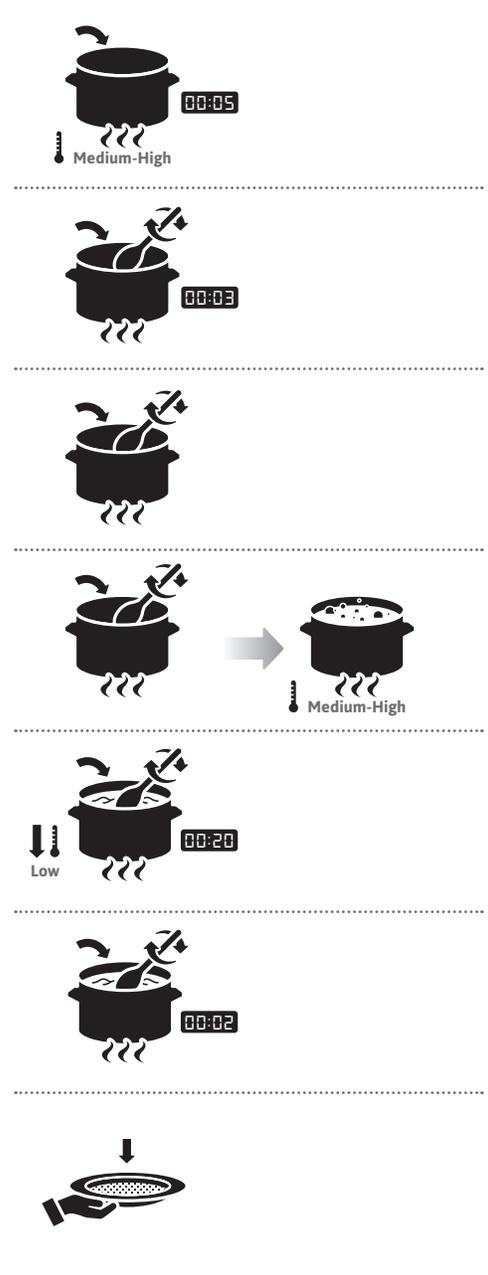
- 5 Add the **lasagna noodle pieces**, reduce heat to low and simmer for about 20 minutes, or until the noodles are done and the sauce has thickened.

Tips:

 - Stir regularly because the noodles tend to stick to the bottom.
 - Use the cooking time to prepare your side dishes.

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

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



My rating: ★ ★ ★

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