

Date Prepared	
---------------	--

# Homemade Lasagna



GEORGES RIVER  
**LIFE CARE**



## NUTRITIONAL INFORMATION

### Serves 4

Energy	2599kJ
Fat saturated	3.6g
Fat Total	11.6g
Carbohydrate	19.3g
Dietary Fibre	7.5g
Protein	15g

## INGREDIENTS

- 500g Ground beef
- 1 medium Onion chopped
- tsp ½ . Salt
- 1 clove Garlic
- 1 jar Spaghetti Sauce
- 300g Cottage Cheese
- ¼ cup grated Parmesan cheese
- 1 packet fresh lasagna sheets
- 1 ½ cups shredded Mozzarella Cheese

## METHOD

1. Combine beef, onion, salt and garlic. Cook under med-high until browned. Drain and put back into skillet. Add spaghetti sauce and simmer for 15 minutes, stirring occasionally.
2. In a separate bowl combine cottage cheese, parmesan cheese. Mix well.
3. Start with sauce in the bottom of backing tray then add a layer of pasta, followed by sauce, cottage cheese mixture, grated cheese. Repeat three times.
4. Cover with foil and bake in 180 degree oven for 40-45 mins. Let stand for 10 mins.

## FREEZING INFORMATION

For up to 3 months: Set aside for 15 minutes to cool slightly before placing in fridge for 45 minutes to cool completely.

To thaw: Place in the fridge for 24 hours or until thawed.

To reheat: Place in the oven at 180 degrees for 15 mins or until heated through.

Date Prepared	
---------------	--

# Homemade Lasagna



GEORGES RIVER  
**LIFE CARE**



## NUTRITIONAL INFORMATION

### Serves 4

Energy	2599kJ
Fat saturated	3.6g
Fat Total	11.6g
Carbohydrate	19.3g
Dietary Fibre	7.5g
Protein	15g

## INGREDIENTS

- 500g Ground beef
- 1 medium Onion chopped
- tsp ½ . Salt
- 1 clove Garlic
- 1 jar Spaghetti Sauce
- 300g Cottage Cheese
- ¼ cup grated Parmesan cheese
- 1 packet fresh lasagna sheets
- 1 ½ cups shredded Mozzarella Cheese

## METHOD

1. Combine beef, onion, salt and garlic. Cook under med-high until browned. Drain and put back into skillet. Add spaghetti sauce and simmer for 15 minutes, stirring occasionally.
2. In a separate bowl combine cottage cheese, parmesan cheese. Mix well.
3. Start with sauce in the bottom of backing tray then add a layer of pasta, followed by sauce, cottage cheese mixture, grated cheese. Repeat three times.
4. Cover with foil and bake in 180 degree oven for 40-45 mins. Let stand for 10 mins.

## FREEZING INFORMATION

For up to 3 months: Set aside for 15 minutes to cool slightly before placing in fridge for 45 minutes to cool completely.

To thaw: Place in the fridge for 24 hours or until thawed.

To reheat: Place in the oven at 180 degrees for 15 mins or until heated through.