



Meat Lasagna

A RECIPE BY JEAN WINKER

Prep Time - 30-45 minutes

Bake Time - 30 minutes

Let Stand - 10-15 minutes

Servings - 12

ingredients

- 1 pound lean, or extra lean ground beef
- 2 cloves garlic, minced
- 1 tbsp parsley flakes
- 1 tbsp basil
- 1 tsp salt
- 1 28oz can diced tomatoes
- 2 6oz cans tomato paste
- 8 lasagna noodles (oven ready)
- 750g 2% Cottage Cheese
- 2 large eggs, beaten with fork
- 1 tsp salt
- ½ tsp black pepper
- 2 tbsp parsley flakes
- ½ cup grated Parmesan cheese
- 1 pound Mozzarella cheese, grated (28% M.F.)

directions

- Brown meat slowly; If there is excess fat on top, spoon it off.
- Add next 6 ingredients. Simmer uncovered 30 minutes to blend flavours, stirring occasionally.
- Combine cottage cheese with eggs, seasonings, and Parmesan cheese.
- Grate the cheese.
- Place half the noodles in a 13x9x2" oven pan (3 across, the 4th broken to fit across the space in the short end of the pan; spread half the cottage cheese mixture over; add half the Mozzarella cheese and then half the meat sauce. Repeat layers. Sprinkle a handful of cheese on the top, and cover with tinfoil.
- Bake at 375 degrees for 30 minutes. Check to see if hot in middle. If not, leave in oven and keep an eye on it till piping hot.
- Let stand for 10-15 minutes before cutting, filling sets slightly.

A WINKER FAVOURITE RECIPE IN USE SINCE THE 70S