

Lasagna

Lasagna is a traditional Italian dish consisting of layers of flat pasta sheets alternated with meat or vegetable sauce, béchamel (white sauce), and cheese, baked until golden, bubbly, and flavorful. It's a hearty, comforting, and iconic Italian comfort food.

Keep reading below to find a classic lasagna recipe — rich, hearty, and perfectly layered with pasta, meat, tomato sauce, creamy béchamel, and cheese.

Recipe

Prep Time:	Cook Time:	Serves:
30 minutes	1 hour	6–8 people

Ingredients

For the Meat Sauce

- 2 tbsp olive oil
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 500 g ground beef (or half beef + half pork)
- 400 g (1 can) crushed tomatoes
- 2 tbsp tomato paste
- 1 tsp dried oregano
- 1 tsp dried basil (or a few fresh basil leaves)
- Salt and black pepper, to taste
- 1/2 tsp sugar (optional, to balance acidity)

For the Béchamel Sauce

- 3 tbsp butter
- 3 tbsp all-purpose flour
- 3 cups (750 ml) milk (warm)
- A pinch of nutmeg (optional)

- Salt and white pepper, to taste

For Assembly

- 9–12 lasagna sheets (no-boil or pre-cooked)
- 1½ cups shredded mozzarella cheese
- ½ cup grated Parmesan cheese



Instructions

1. Make the Meat Sauce

1. Heat olive oil in a large pan.
2. Add chopped onions; sauté until translucent.
3. Stir in garlic and cook for **30 seconds**.
4. Add ground meat; cook until browned.
5. Stir in crushed tomatoes, tomato paste, oregano, basil, salt, and pepper.
6. Let simmer for **20–25 minutes** until thickened.
7. Taste and adjust seasoning; add a pinch of sugar if too tangy.

2. Prepare the Béchamel Sauce

1. In a saucepan, melt butter over medium heat.
2. Whisk in flour and cook for **1 minute** (don't let it brown).
3. Slowly pour in warm milk, whisking constantly to avoid lumps.
4. Cook until the sauce thickens enough to coat the back of a spoon.
5. Season with salt, white pepper, and nutmeg. Remove from heat.

3. Assemble the Lasagna

1. Preheat the oven to **180°C (350°F)**.
2. In a baking dish, spread a thin layer of meat sauce first.
3. Add a layer of lasagna sheets.
4. Spread a layer of béchamel sauce over the pasta.
5. Add another layer of meat sauce, then sprinkle with cheese.
6. Repeat the layers (pasta → béchamel → meat sauce → cheese) until all ingredients are used, finishing with béchamel and cheese on top.

4. Bake

1. Cover loosely with foil and bake for **25 minutes**.
2. Remove foil and bake for another **15–20 minutes**, until golden and bubbly.

3. Let rest for **10–15 minutes** before slicing (so it sets nicely).

 *Serving Tip*

Serve hot with garlic bread and a green salad or a glass of red wine for a perfect Italian meal.