

# Lasagna



## Ingredients:

### **For the Meat Sauce:**

- 1 pound (450g) ground beef or a mixture of beef and pork
- 1 large onion, finely chopped
- 2 cloves garlic, minced
- 1 can (28 oz/800g) crushed tomatoes
- 1 can (6 oz/170g) tomato paste
- 1 cup (240ml) red wine (optional)
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon dried thyme
- Salt and pepper to taste
- 2 tablespoons olive oil

### **For the Béchamel Sauce:**

- 4 tablespoons (60g) butter
- 1/4 cup (30g) all-purpose flour
- 4 cups (960ml) whole milk
- 1/2 teaspoon ground nutmeg
- Salt and pepper to taste

### **Other Ingredients:**

- Lasagna noodles (about 12 sheets), cooked according to package instructions

- 3 cups (about 340g) shredded mozzarella cheese
- 1 cup (about 100g) grated Parmesan cheese

### **Instructions:**

#### **1. Prepare the Meat Sauce:**

- In a large pot, heat olive oil over medium heat.
- Add chopped onions and minced garlic. Sauté until the onions are translucent.
- Add ground beef (or beef and pork mixture) and brown it, breaking it up with a wooden spoon.
- Pour in red wine (if using) and let it simmer until reduced by half.
- Stir in crushed tomatoes, tomato paste, dried oregano, dried basil, dried thyme, salt, and pepper.
- Simmer the sauce over low heat for at least 1-2 hours, stirring occasionally.

#### **2. Prepare the Béchamel Sauce:**

- In a saucepan, melt butter over medium heat.
- Add flour and whisk continuously to form a roux.
- Gradually add whole milk while whisking to avoid lumps.
- Cook the béchamel sauce until it thickens.
- Add ground nutmeg, salt, and pepper to taste. Set aside.

#### **3. Cook Lasagna Noodles:**

- Cook lasagna noodles according to the package instructions. Drain and set aside.

#### **4. Assemble the Lasagna:**

- Preheat the oven to 375°F (190°C).
- In a baking dish, spread a thin layer of meat sauce at the bottom.
- Place a layer of cooked lasagna noodles over the sauce.
- Add a layer of meat sauce, followed by a layer of béchamel sauce, and then a layer of shredded mozzarella and grated Parmesan cheese.
- Repeat the layers until you run out of ingredients, finishing with a layer of cheese on top.

#### **5. Bake:**

- Cover the baking dish with aluminum foil and bake in the preheated oven for about 25-30 minutes.
- Remove the foil and bake for an additional 10-15 minutes or until the top is golden brown and bubbly.

**6. Rest and Serve:**

- Let the lasagna rest for about 10 minutes before slicing.
- Serve warm and enjoy your homemade lasagna!

Feel free to customize the recipe by adding vegetables, using different types of cheese, or adjusting the seasonings according to your preferences.