

YIELD: 3

Dinner for Two: Skillet Lasagna

Easy skillet lasagna for two made with broken lasagna noodles!

PREP TIME

5 minutes

COOK TIME

20 minutes

TOTAL TIME

25 minutes

Ingredients

- 1 tablespoon Olive Oil
- 1/2 pound Spicy Bulk Sausage, Or ground beef
- 1/2 teaspoon Salt
- 1/2 teaspoon Black Pepper
- 1/2 teaspoon Onion Powder
- 1/2 teaspoon Garlic Powder
- 1 teaspoon Dried Oregano
- 1 teaspoon Dried Basil
- pinch of Crushed Red Pepper Flakes
- 1 15 ounce can Tomato Sauce
- 1 15-ounce can Beef Broth
- 6 Lasagna Noodles, Broken
- 2 cups Shredded Mozzarella Cheese
- 1/2 cup Ricotta Cheese
- Parmesan Cheese, For garnish, optional

Instructions

1. Gather the ingredients, and have a cast iron pan warming on the stove over medium-high heat.
2. In a medium-sized skillet, heat the oil over medium-high heat. Add the sausage, and cook while breaking up with a wooden spoon until golden brown. Sprinkle in the salt, pepper, onion powder, garlic powder, oregano, basil and red pepper flakes. Toast the spices in the meat for about 1 minute.
3. Next, pour in the tomato sauce and beef broth. Bring the mixture to a gentle simmer.
4. Break up the lasagna noodles into about 1" pieces. Stir the noodles into the pan so that they are all mostly covered with the sauce. Simmer the noodles, uncovered, until al



dente, about 8 minutes or so.

5. Turn then heat to low, and stir in the mozzarella. Dollop the ricotta on top. Carefully move the skillet to the table, and serve with Parmesan cheese for garnish.

Notes

Ground Sausage: Spicy or mild ground bulk sausage is excellent in this recipe, but you can substitute ground beef too, if you prefer.

Crushed Red Pepper Flakes: This can be optional, if you don't like spice at all, but the amount of pepper flakes in this recipe just amps up flavors overall and doesn't make the whole dish spicy.

Tomato Sauce: We need a 15-ounce can of tomato sauce, which is pureed cooked tomatoes in a can. It typically does not contain spices, but does contain salt.

Beef Broth: We need a small can of beef broth, or you can use the beef granules or beef bullion paste and make 2 cups of broth. I prefer low sodium version for broths when cooking, so my final dish isn't overly salty.

Lasagna Noodles: You need 6 whole lasagna noodles, broken into roughly 1 to 2 inch pieces for this recipe. It can be the plain lasagna noodles or the no-boil ones. Please note the no-boil noodles will cook quicker.

Mozzarella Cheese: Two cups of grated mozzarella cheese--fresh is incredible but bagged is fine, too.

Ricotta Cheese: I always buy full-fat ricotta for the creamiest results.

Parmesan Cheese: Optional Parmesan on top for serving, but not necessary.



Nutrition Information: **YIELD:** 3 **SERVING SIZE:** 1

Amount Per Serving: CALORIES: 848 TOTAL FAT: 49g SATURATED FAT: 19g
TRANS FAT: 1g UNSATURATED FAT: 24g CHOLESTEROL: 131mg SODIUM: 2730mg
CARBOHYDRATES: 53g FIBER: 5g SUGAR: 8g PROTEIN: 48g



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