

# Lasagna Recipe

With 3 cheeses and a meaty ground beef sauce, it's easy to see why so many of our readers have proclaimed this the best lasagna recipe they've ever had.

**Author:** Natasha Kravchuk    **Servings:** 12 slices    **Calories:** 368  
**Prep Time:** 30 mins    **Cook Time:** 50 mins    **Resting Time:** 30 mins  
**Total Time:** 1 hr 20 mins



## Ingredients

### Ingredients for Lasagna

- 1 lb ground beef, (15-20% fat content)
- 1 medium onion, finely diced
- 2 large garlic cloves, minced
- 1/4 cup dry red wine, or beef broth
- 1 Tbsp olive oil
- 24 oz Marinara Sauce , (3 cups)
- 1/2 tsp sea salt
- 1/4 tsp black pepper, ground
- 1/4 tsp dried thyme
- 1/2 tsp granulated sugar
- 2 Tbsp parsley, finely chopped
- 9 lasagna noodles, cooked al dente

### Ingredients for Cheese Sauce:

- 16 oz low-fat cottage cheese
- 15 oz reduced fat ricotta cheese
- 1 large egg
- 2 Tbsp parsley, finely chopped, plus more to garnish
- 4 cups mozzarella cheese, shredded, divided

## Instructions

### How to Make Meat Sauce:

1. Place a deep pan or dutch oven over medium/high heat and add 1 Tbsp olive oil, 1 lb ground beef and diced onion. Saute, breaking up the meat, for 5 minutes or until beef is no longer pink. Add pressed garlic and sauté another minute until fragrant.
2. Add 1/4 cup wine and stir for 2 minutes or until wine is nearly evaporated. Add 3 cups marinara, 1/2 tsp salt, 1/4 tsp pepper, 1/4 tsp thyme, 1/2 tsp sugar and 2 Tbsp parsley. Bring to a simmer then cover and cook 5 minutes.

### How to Make Cheese Sauce:

1. In a large mixing bowl, combine 16 oz Cottage Cheese, 15 oz Ricotta, 1 cup mozzarella, 1 egg and 2 Tbsp parsley. Mix well.

### How to Make Lasagna:

1. Preheat oven to 375°F. Bring a large pot of water to a boil. Add salt and 9 lasagna noodles. Cook until al dente according to package instructions.

2. Spread 1/2 cup meat sauce in the bottom of a deep 9×13 casserole dish. Add 3 noodles, spread on 1/3 of the meat sauce, and sprinkle with 1 cup mozzarella cheese. Spoon on and spread the top with 1/2 of your cheese sauce.
3. Repeat until you have 3 layers of noodles:  
Add 3 noodles, 1/3 meat sauce, 1 cup mozzarella cheese, 1/2 cheese sauce  
Add 3 noodles, remaining 1/3 meat sauce, remaining 1 cup mozzarella.
4. Poke 9-12 toothpicks over the surface of your lasagna (to keep the foil from sticking to the cheese). Cover with foil and bake at 375°F for 45 minutes.
5. Remove foil and broil for 3 to 5 minutes, or until cheese turns golden. Let lasagna rest 30 min before slicing.

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