

My Lasagna Recipe

Lasagna recipes, tips and how-to instructions for making the best lasagna

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I have tried many different Lasagna recipes over the years. This is the culmination of all that trial and error, a wonderful recipe that needs to be shared with the world. The ingredients and actual recipe are at the end of this article. I know you won't be disappointed with my Best Lasagna Recipe!

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Start with the following in a pot:

1 pound (450 g) of sweet Italian sausage

1 pound (450 g) of ground beef

1/2 cup (120 mL) of chopped onions

2 cloves of garlic chopped

The flavor of the Italian sausage varies from brand to brand. You may need to try a different brand the first couple of times you cook this dish. Find the flavor you like the best.

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Brown the ground beef, Italian sausage, onions and garlic in a pot until they start to cook. It takes about 6 to 9 minutes to brown the meat. I like to use a Dutch oven to cook this portion of the recipe. I use a medium low temperature to brown the meat. It is optional to remove the grease from the meat once it is finished browning, your choice.



Add the following:

- 1 (28 ounce) (784 g) can of crushed tomatoes
- 2 (8 ounce) (230 g) cans of tomato sauce
- 2 (6 ounce) (168 g) cans of tomato paste
- 1/2 (120 mL) cup of water

Gently stir this into the cooking meat.



Add the following:

- 2 tablespoons (30 mL) white sugar



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1 teaspoon (5 mL) fennel seed
 2 teaspoons (10 mL) fresh Basil leaves chopped
 2 tablespoons (30 mL) fresh Italian parsley chopped
 1 teaspoon (5 mL) salt
 1 teaspoon (5 mL) Italian Seasoning
 1/2 teaspoon (2.5 mL) ground pepper

Gently stir these seasoning into the sauce.



Cover the pot and let the meat sauce simmer. Simmer on low heat for 1 hour and 30 minutes. This is the ideal simmer time but not mandatory. If you don't have time it will still be great after one hour of simmering.

I will sometimes make this sauce and refrigerate it after it finishes simmering. I will use the meat sauce the next day to put the rest of this recipe together. For some reason Italian meat sauce taste even better the next day. But that's up to you.



Soak 12 lasagna noodles.

The lasagna noodles need to be soaked in hot tap water for 15 minutes.

While the noodles are soaking you can make the cheese filling.

Jamie Oliver

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Put the following in a mixing bowl:

23 ounces (644 g) of ricotta cheese.

1/2 teaspoon (2.5 mL) fresh grated nutmeg

Grate fresh nutmeg over the Ricotta cheese.



Add the following:

1 egg

2 tablespoons (30 mL) fresh Italian parsley chopped

Mix these ingredients together with a spoon



Now we start building the lasagna layers.

Use a 9×13 inch baking pan.

Spread 2 Cups (480 mL) of meat sauce on the bottom of the pan.



Remove your lasagna noodles out of the water bath. Shake water off wet noodles.

Lay 6 noodles across the layer of sauce.



Spread half of the ricotta cheese mixture over the layer of noodles.



Spread 1/2 of the mozzarella cheese over the ricotta layer.
Sprinkle half of the Parmesan cheese over the mozzarella layer



Spread 2 cups (480 mL) of meat sauce over the cheese layer
Lay down the next layer of noodles
Spread the remaining ricotta mixture over noodles
Spread the mozzarella and Parmesan cheeses saving some cheese for the top of the lasagna
Put the last layer of meat sauce on the cheeses
Sprinkle the remaining cheese on top.

It should look similar to the picture above.



Cover with foil
Bake in preheated oven at 350 F (177 C) for 25 minutes
Remove foil and bake uncovered for another 25 minutes.



Remove from oven and allow to cool for approximately 15 minutes.
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Ingredients

- 1 pound of sweet Italian sausage
- 1 pound of ground beef
- 1/2 cup of chopped onions
- 2 cloves of garlic chopped
- 1 (28 ounce) can of crushed tomatoes
- 2 (8 ounce) cans of tomato sauce
- 2 (6 ounce) cans of tomato paste
- 1/2 Cup of Water
- 2 tablespoons white sugar
- 1 teaspoon fennel seed
- 2 teaspoons fresh Basil leaves chopped
- 4 tablespoons fresh Italian parsley chopped
- 1 teaspoon salt
- 1 teaspoon Italian Seasoning
- 1/2 teaspoon ground pepper
- 23 ounces of ricotta cheese.
- 1/2 teaspoon fresh grated nutmeg
- 1 egg
- 1 pound shredded mozzarella cheese
- 1 cup grated Parmesan cheese
- 12 lasagna noodles
- Serves 12 people—

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An easy to make dish steeped in Italian tradition, lasagna is a family favourite all over the world. With its layers and layers of delicious ingredients, and the many ways there are to prepare it makes lasagna a delicious comfort food perfect for this chilly time of year. While lasagna is a delicious, easy and inexpensive meal that many people crave, it's rich, care-worthy flavour is owed almost

completely to carbohydrate rich pasta as well as a heap of delicious stringy cheese. If you're a health conscious individual, or simply trying to lose a bit of weight, lasagna might be something you think you have to cut out of your diet. With a few healthy tweaks, however, lasagna can still be a part of your life and a great comfort food to get you through the chilly winter season.

Whole Grain vs. Processed Flour

Remember, white flour based foodstuffs have virtually no nutritional value and bleached flour is almost instantaneously converted to sugar in your body. When preparing your healthy lasagna, use whole grain pasta! While whole grain still contains complex carbohydrates, you will also be consuming vitamins, minerals, fibre, and essential fatty acids that your body needs. Protein and fibre are lost in the bleaching process.

Add Veggies!

A good idea is to load up on vegetables. There are a lot of delicious vegetables that would go really well in the pasta cause you use for your lasagna. Adding vegetables will also enhance the flavour and add valuable nutrients to your meal. Some delicious vegetables you might want to consider adding to your lasagna: spinach, onions, broccoli, peas, green beans, or any color of pepper.

Lean Mean Meaty Machine!

Make sure you are choosing on the leanest meats for your lasagna. While delicious, avoid pork which is high in sodium and saturated fats and contains little protein. Beef is also an unhealthy choice as it is high in cholesterol, heavy, and difficult to digest. For a healthier version of lasagna, we suggest using lean cuts of poultry such as chicken or turkey or even some fish, such as salmon. Poultry and fish is full of protein as well as essential fatty acids, low in cholesterol, and delicious!

If you're looking for a way to work your favourite comfort food, lasagna, into a healthier lifestyle, we are sure these types will help. Why not try going back over some of our

delicious lasagna recipes and make these changes. We promise that following these few guidelines will still yield a delicious lasagna, and keep you healthy at the same time.

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