

2X4 Lasagna (2 meats, 4 cheeses)

- ¾ pound ground beef
- ½ pound Italian sausage
- ½ cup green bell pepper, chopped
- 1 cup onion, chopped
- 2 Tablespoons butter
- 1 Tablespoon oil
- ½ Tablespoon garlic powder
- 1 teaspoon onion powder
- 1 jar (26 ounces) pasta sauce
- Have on hand 1 small can tomato sauce and 1 tomato paste
- ½ package lasagna noodles (precooked OK)
- ½ pound ricotta cheese
- 1 egg
- 1-pound grated mozzarella cheese
- ½ pound grated cheddar cheese
- Parmesan cheese
- Italian Seasoning

Preparation Time: 45 minutes

Baking Time: 45 minutes

Yield: 10-12 servings

You will need a large skillet (chicken fryer or Dutch oven would work), a large pot, a small bowl, a medium bowl and a 13"X9" baking pan for a large lasagna, 8X8 for a small one, nonstick spray

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- 1) In the large skillet, brown the ground beef and Italian sausage. Drain off the grease. Set the meat mixture aside in the medium bowl. Wipe out the skillet.
 - 2) Add the butter and oil to the skillet. Sauté the chopped green bell pepper and chopped onion in the butter and oil until the onion is translucent.
 - 3) Add the meat mixture, pasta sauce, and seasonings to the vegetables in the skillet. Stir well.
 - 4) Simmer the mixture on low, stirring occasionally.
 - 5) In the large pot, prepare the lasagna noodles according to the package directions.
 - 6) In the small bowl, blend the ricotta cheese and the egg until thoroughly mixed.
 - 7) Spray the 13"X9" pan with nonstick spray.
 - 8) Layer the ingredients in the 13"X9" pan as follows: ¾ cup meat sauce, 3 Tablespoons ricotta mixture swirled into the sauce, ½ cup mozzarella, and ¼ cup cheddar, sprinkle some Parmesan, then a layer of noodles. Repeat until the pan is full, approximately 3 layers, finishing with a layer of cheese. Note: you may have to trim the noodles to fit the size and shape of your chosen pans.
 - 9) Sprinkle Italian seasoning on the top.
 - 10) Tuck in the corners.
 - 11) Bake at 350 for 45 minutes or until the cheese is bubbling.

Substitutions:

- You can use a variety of your favorite vegetables in place of meats for vegetable lasagna.

Additions/Options:

- For a bit of color and crunch, try adding ½ cup grated carrots or other diced vegetables.
- For a time saver, try precooked lasagna noodles.

Nutrition Per Serving (Approximate, based on 10 servings):

Calories: 452, Fat: 22 grams, Carbohydrates: 35 grams, Fiber: 4 grams, Sugars: 8 grams, Protein: 23 grams