

Lasagna Roll-Ups

Ingredients

12 Lasagna Noodles
3 1/2 c Mozzarella (shredded)
1 T Olive Oil
1 Onion
5 clv Garlic (minced)
1 t Dried Oregano
1 t Dried Basil
1/4 t Salt
1/4 t Ground Black Pepper
28 oz Diced Tomatoes (canned)
14 1/2 oz Tomato Sauce
10 oz Spinach (frozen, thawed and squeezed well)
2 c Ricotta Cheese
1/2 c Parsley (chopped)

Instructions

1. In a large sauce pan, heat olive oil over medium heat. Add the ground beef and using a spoon, break the meat into small pieces. Cook until the beef is no longer pink, should take about 5 minutes. Add the onion, garlic, oregano, basil, salt and pepper and cook another 5 minutes until the onion is translucent.

2. Add diced tomatoes, tomato sauce and stir. Bring to a boil then lower heat and simmer for 30 minutes, stirring occasionally.

3. Meanwhile, cook lasagna noodles according to package instructions. Drain and set aside in a bowl of cool water.

4. In a medium sized bowl add the spinach, ricotta cheese, 1 1/2 cups mozzarella and stir to combine. Set aside. Spray a 9"x13" baking dish with cooking

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spray.

5. Spread a couple ladles of the sauce over the bottom of the baking dish. Lay out lasagna noodles, make sure they are dry. Spread about 3 tablespoons of the spinach/cheese mixture and 2 tablespoons of the meat mixture over each lasagna noodle, and roll it up. Make sure you divide the spinach/cheese mixture evenly over the 12 noodles.

6. Preheat oven to 375°. Place each roll seam side down over the sauce. Repeat with remaining noodles. Ladle remaining sauce over the lasagna rolls, then sprinkle with the 2 cups of mozzarella cheese.

7. Cover the lasagna dish with aluminum foil and bake covered for 30 minutes. Remove the foil and

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bake for another 10 minutes. Top with parsley,
then serve while warm.