



Lasagna Toss

1. In a large pot of boiling water add:

Lasagna noodles, broken 15

Bring to a boil and cook until noodle pieces are tender, about 8-10 minutes. Drain and set aside.

2. In a separate pot add:

Lean ground beef 0.5 kg (1 pound)
Onion, chopped 1 small
Garlic, minced 2 cloves or use 1 tsp of garlic powder
Basil 2 teaspoons
Oregano 2 teaspoons

Cook over medium heat until ground beef is browned. Drain the fat.

3. Add:

Mushrooms, sliced 1 can (284 ml)
Green pepper, chopped 1
Tomato sauce 1 can (750 ml)
Tomatoes, diced 1 can (398 ml)

Mix together and cook for 10 minutes.

4. Add cooked lasagna noodle pieces and mix together. Cook for 5 minutes and sprinkle with parmesan cheese.

Serves 5-6

Tip:

To make a vegetarian option, replace the ground beef with lentils and enjoy!