

## Meat and Lentil Lasagna

**You'll Need:** A stove, a large frying pan, a medium sized pot, measuring cups, measuring spoons and a casserole dish.

**Preparation Time:** 20 minutes

**Cook time:** 55 minutes

Ingredients	Amount for 6 Servings
Ground Meat	1 pound
Canned Tomato Sauce with garlic	650ml jar
Canned Crushed Tomatoes with herbs	796ml can
Dry Lentils	3/4 cup
Milk	1 ½ cup
Lasagna Sheets	As many as necessary
Parmesan Cheese	½ cup

### Method:

**Step 1:** Preheat oven to 350F. **Step 2:** Cook 3/4 cup of dried lentils and 1 ½ cups of water in a small pot by bringing the water to boil and then simmering for 5 minutes. Stir gently and often. Do not overcook lentils! **Step 3:** Add meat to a pan and cook until browned. Add the pasta sauce and tomatoes and cook, stirring occasionally, for 20 minutes or until thickened. Stir in cooked lentils. **Step 4:** Cook lasagna sheets according to box. **Step 5:** Slowly boil 1 and ¼ cup of milk and then simmer. Take the other ¼ cup and mix it with the corn starch. Pour corn starch-milk mixture into simmer milk. Turn until thickened. Stir in parmesan cheese. **Step 6:** Place lasagna sheets to cover the base of the prepared dish and trim to fit. Top with one-third of the beef mixture. Repeat layering with remaining lasagna sheets

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and beef mixture, finishing with lasagna sheets. Use milk-parmesan cheese mixture for top. **Step 7:** Sprinkle with parmesan. Bake for 30–35 minutes or until pasta is tender and top is golden. Serve.

### **Nutrients per Serving**

**Calories:** 600 kcals

**Fat:** 15 g

**Sodium:** 800 mg

**Carbohydrates:** 65 g

**Fiber:** 9 g

**Protein:** 44 g