

# Lasagna

## Ingredients

- 4-1/4 oz frozen cooked beef crumbles
- 2/3 cup onions, chopped
- 1/4 cup tomato paste, no salt added
- 1/8 tsp pepper
- 1/2 tsp garlic powder
- 1/4 tsp marjoram
- 1/2 tsp oregano
- 1 tsp parsley
- 1/8 tsp thyme
- 1 cup water
- 1/2 cup canned diced tomatoes, no salt added
- 4 oz lasagna noodles
- 1 cup shredded mozzarella cheese, low fat

## Notes

**Number of Portions:** 4

**Serving Size:** 1 piece

**Nutrition Facts:** 269 calories, 7.53 g fat, 4.18 g saturated fat, 310 mg sodium, 31.85 g carbohydrate, 3.27 g fiber, 4.1 g sugar, 18.32 g protein

## Directions

1. Place beef into a large braising pan over medium heat. Add onions, tomato paste, pepper, garlic powder, marjoram, oregano, parsley, thyme, and water. Heat until boiling.
2. In a 12 x 20 inch pan that has been lightly coated in pan spray, place diced tomatoes (and juice) at the bottom of the pan and spread evenly across the pan. Layer noodles, sauce, and cheese and repeat until pan is full.
3. Bake in 350° F oven for 45 minutes. Let pans sit for at least 15 minutes before cutting.

