

FRYING PAN LASAGNA

Prep time: 15 min. Cook time: 55 min. Total time: 1hr. 10 min.

An easy and less time consuming way to enjoy that great lasagna flavor! Serve with garlic bread and a side salad for a satisfying meal.

- 1 lb. lean ground beef
- 1 small onion, diced
- 1 cup mushrooms, sliced
- 2 cloves garlic, finely chopped or minced
- 1 (680mL) can of your favorite pasta sauce
- 2 cups water or beef stock
- ½ red bell pepper, diced
- 6 uncooked Whole Wheat or regular lasagna noodles
- 1 cup fresh spinach, chopped (optional)
- 1 tsp. salt (* may need to use more or less salt depending on the pasta sauce that is used)
- ¼ tsp. pepper
- 1 tsp. dried oregano or 1 ½ tsp. fresh oregano
- 1 tsp. dried basil or 1 ½ tsp. fresh basil (*if using fresh herbs, add at the end of cooking time)
- 1 Tbsp. sugar
- ¼ tsp. red pepper flakes
- ½ cup Ricotta cheese or Cottage cheese
- ½ cup parmesan cheese
- 1 ½ cups mozzarella cheese, grated



In a large skillet, over medium heat, brown ground beef and drain grease. Add onion and mushrooms and cook until onion is transparent and mushrooms are slightly browned. Add garlic, pasta sauce, water or beef stock and red pepper. Break noodles up into bite sized pieces and add to pan. Stir together then add spinach and seasonings. Cover and simmer for about 30 minutes or until noodles are almost tender. Add Ricotta or Cottage cheese and parmesan cheese. Stir the cheeses in then sprinkle mozzarella cheese on top. Cook for another 5 minutes then serve.

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