

# SIMPLE SLOW-COOKED LASAGNA

Let your slow cooker do the work and come home to this easy, heartwarming meal. Swap in other greens, cooked vegetables, or lean ground turkey to change things up!

## Ingredients:

8 oz extra lean ground beef	10 whole wheat lasagna noodles
1 medium onion, finely chopped	1 tub light ricotta cheese (475 g)
3 cloves garlic, minced	1 container baby spinach, washed, chopped (145 g)
2 tsp dried oregano	¼ cup chopped fresh basil or parsley
¼ tsp hot pepper flakes	2 tbsp grated parmesan cheese
700 mL tomato passata	½ cup shredded part skim mozzarella
1 cup water	

## Directions:

1. Lightly spray inside of slow cooker with cooking spray.
2. In a large nonstick skillet, brown beef breaking up with spoon. Scrape out beef into a colander and let drain.
3. Wipe out skillet. Return to medium heat; cook beef, onion, garlic, oregano and hot pepper flakes ~5 mins or until softened. Add passata and water and remove from heat.
4. In a bowl, stir together ricotta cheese, spinach, basil and Parmesan cheese.
5. Spread some of the meat sauce over bottom of slow cooker. Lay lasagna noodles in a single layer, breaking as necessary to fit. Top with one quarter of the sauce and one third of the cheese mixture.
6. Repeat layers twice ending with meat sauce on top.
7. Cover and cook on Low for 6 to 8 hours or on High for 3 to 4 hours.
8. About 15 minutes before serving lasagna, sprinkle mozzarella over top, cover and let cook on Low until melted. Enjoy!

## Nutrients per serving (Makes 8 servings)

Calories	184
Fat	8 g
Sodium	300 mg
Carbohydrate	11 g
Fiber	2 g
Protein	18 g



*Recipe taken from [www.cookspiration.com](http://www.cookspiration.com)  
Picture taken from [www.cookspiration.com](http://www.cookspiration.com)  
Accessed on March 7, 2015*

