

DINNER

Bob's Awesome Lasagna

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
90 min	30 min	60 min	15	\$1.18	269 kcal



The recipe Bob's Awesome Lasagna could satisfy your Mediterranean craving in approximately 1 hour and 30 minutes. This recipe serves 15. This main course has 269 calories, 18g of protein, and 15g of fat per serving. For \$1.18 per serving, this recipe covers 11% of your daily requirements of vitamins...

Ingredients

- ☐ 16 ounce package large curd cottage cheese
- ☐ 1 pound ground beef
- ☐ ¼ cup minced onions
- ☐ 1 pound mozzarella cheese, shredded
- ☐ ½ teaspoon garlic salt
- ☐ 8 ounces lasagna noodles
- ☐ 1 teaspoon salt
- ☐ 32 ounce spaghetti sauce

EQUIPMENT Frying pan, Oven, Pot, Glass baking pan

Method

- 1 Bring a large pot of lightly salted water to a boil. Cook noodles in boiling water for 8 to 10 minutes, or until al dente; drain.
- 2 In a large skillet over medium heat, saute ground beef, onions, salt and garlic salt until meat is brown.
- 3 Drain excess fat, add spaghetti sauce to beef mixture, and bring to a boil. Reduce heat, and simmer for 15 to 20 minutes.
- 4 Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch glass baking pan.
- 5 Line bottom of pan with three lasagna noodles.
- 6 Spread 1/3 of sauce mixture over noodles.
- 7 Layer 1/3 of the cottage cheese over the sauce.
- 8 Sprinkle 1/3 of the mozzarella over the cottage cheese. Repeat this layering process until all ingredients are used up.
- 9 Bake in the preheated oven for one hour.
- 10 Let stand for 10 minutes before serving.

Nutrition per serving

	269 KCAL	18 g PROTEIN	15 g FAT	16 g CARBS
Saturated Fat				6.9 g · 43% of daily needs
Fibre				1.4 g · 6% of daily needs
Sugar				3.8 g · 4% of daily needs
Sodium				825 mg · 36% of daily needs
Cholesterol				50.5 mg · 17% of daily needs
Vitamin C				4.4 mg · 5% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/bobs-awesome-lasagna-148403