



Lazy Lasagna Bolognese

READY IN



45 min.

SERVINGS



8

CALORIES



498 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 8 oz tomato sauce canned
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 cups fat-skimmed chicken broth
- ☐ 1 pound ground beef chuck
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 8 servings béchamel sauce
- ☐ 9 oz oven-ready lasagna dried
- ☐ 0.5 pound mushrooms

- ☐ 2 tablespoons olive oil
- ☐ 0.5 lb onion peeled chopped
- ☐ 5 oz parmesan cheese shredded
- ☐ 1 cup parsley finely chopped
- ☐ 0.5 pound mild sausages italian
- ☐ 6 oz tomato paste canned

Equipment

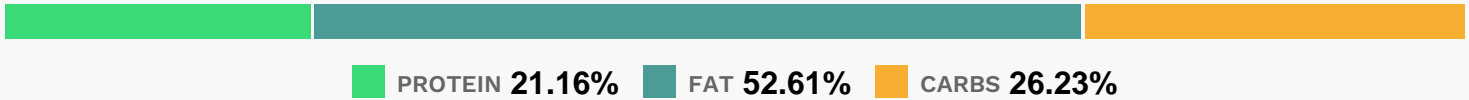
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Rinse mushrooms; trim off and discard discolored stem ends. Thinly slice mushrooms. In a 5- to 6-quart pan, combine mushrooms, onion, and olive oil. Cover and stir often over medium-high heat until mushrooms are juicy, about 4 minutes. Uncover, add parsley, and stir often over high heat until vegetables are lightly browned, 5 to 8 minutes.
- ☐ Pour mixture into a bowl.
- ☐ Add beef and sausages to pan. Over high heat, crumble meats with a spoon and stir often until well browned, 10 to 15 minutes; discard fat.
- ☐ Add mushroom mixture, thyme, vinegar, tomato paste, tomato sauce, and broth; stir until boiling. Reduce heat and simmer, stirring often, until most of the liquid has evaporated, about 30 minutes.
- ☐ Spoon 1 cup bchamel sauce into a shallow 9- by 13-inch casserole (3 qt.) and spread evenly over bottom. Arrange 1/4 of the pasta evenly over bchamel sauce to cover as much of the casserole bottom as possible.
- ☐ Spoon 1/3 of the meat sauce over pasta in casserole and spread level.
- ☐ Drizzle meat sauce with about 1/2 cup bchamel and sprinkle with about 1/4 cup cheese. Cover cheese with another 1/4 of the pasta and top with another 1/3 of the meat sauce, 1/2 cup

- bchamel, and 1/4 cup cheese. Arrange a third layer of pasta over cheese and cover with remaining meat sauce, 1/2 cup bchamel, and 1/4 cup cheese. Cover with the last 1/4 of the pasta and spread remaining bchamel over pasta to moisten evenly; sprinkle with remaining cheese and the nutmeg. Cover pan tightly with foil.
- ☐ Bake in a 350 regular or convection oven until sauce is bubbling vigorously and pasta edges are beginning to brown (lift a corner of foil to check), about 40 minutes.
- ☐ Let stand about 10 minutes; cut into rectangles and serve with a wide spatula.

Nutrition Facts



Properties

Glycemic Index:43.63, Glycemic Load:2.34, Inflammation Score:-7, Nutrition Score:21.075652272805%

Flavonoids

Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

Nutrients (% of daily need)

Calories: 497.8kcal (24.89%), Fat: 29.32g (45.11%), Saturated Fat: 11.01g (68.81%), Carbohydrates: 32.89g (10.96%), Net Carbohydrates: 29.87g (10.86%), Sugar: 5.42g (6.02%), Cholesterol: 88.09mg (29.36%), Sodium: 943.41mg (41.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.54g (53.08%), Vitamin K: 129.53µg (123.37%), Selenium: 23.86µg (34.08%), Phosphorus: 311.48mg (31.15%), Vitamin B12: 1.81µg (30.15%), Vitamin B3: 5.38mg (26.91%), Calcium: 258.7mg (25.87%), Zinc: 3.78mg (25.2%), Vitamin B2: 0.36mg (21.24%), Vitamin B6: 0.42mg (21.13%), Vitamin C: 17.21mg (20.86%), Potassium: 659.85mg (18.85%), Vitamin A: 941.65IU (18.83%), Vitamin B1: 0.26mg (17.47%), Iron: 3mg (16.68%), Copper: 0.26mg (12.99%), Vitamin B5: 1.21mg (12.14%), Fiber: 3.02g (12.07%), Vitamin E: 1.52mg (10.13%), Magnesium: 40.34mg (10.09%), Folate: 35.18µg (8.8%), Manganese: 0.17mg (8.75%), Vitamin D: 0.2µg (1.35%)