



Sausage Meatball Lasagna

READY IN



210 min.

SERVINGS



10

CALORIES



794 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 carrots chopped
- 2 stalks celery chopped
- 0.5 cup cooking wine dry red
- 3 large eggs
- 0.3 cup basil fresh chopped
- 0.3 cup parsley fresh chopped
- 2 large cloves garlic chopped
- 1.5 pounds sausage sweet italian
- 2 tablespoons olive oil extra-virgin

- 18 no-boil lasagna noodles (from two 9-ounce packages)
- 4 ounces parmesan cheese grated
- 1 pound part-skim mozzarella cheese grated
- 2 ounces pecorino romano cheese grated
- 15 ounce whole-milk ricotta cheese
- 4 ounces soppressata sliced chopped
- 3 tablespoons tomato paste
- 3 cups tomato purée (from a 28-ounce can)
- 10 servings butter unsalted for the baking dish
- 1 onion white chopped

Equipment

- bowl
- oven
- whisk
- pot
- baking pan
- aluminum foil
- kitchen towels
- slotted spoon

Directions

- Mix the sausage and parsley in a bowl with your hands until combined. Dampen your hands and form the meat into 3/4-inch balls (you should have about 40).
- Heat the olive oil in a large pot over high heat. Working in batches, add the meatballs and cook, turning, until browned, about 7 minutes.
- Transfer to a plate using a slotted spoon.
- Reduce the heat to medium high and add the soppressata, onion, celery, carrots and garlic. Cook, stirring occasionally, until the vegetables are slightly softened, about 6 minutes.

- Add the tomato paste and basil and cook, stirring, 3 minutes. Stir in the wine, tomato puree and 3 cups water. Reduce the heat to medium low and return the meatballs to the pot. Simmer, stirring occasionally, until the sauce thickens, 1 hour, 20 minutes.
- Whisk the ricotta, eggs and parmesan in a medium bowl. Fill a large bowl with hot water. Working in batches, soak the noodles until just pliable, about 5 minutes.
- Lay out on a clean kitchen towel and pat dry.
- Preheat the oven to 400 degrees F. Butter the bottom and sides of a deep 10-by-13-inch baking dish.
- Lay 6 noodles in the bottom of the dish so they go partway up the sides and overlap slightly.
- Spread half of the ricotta mixture over the noodles, then top with half of the meatballs and 1 1/2 cups sauce.
- Sprinkle with half each of the mozzarella and pecorino. Repeat the layers (noodles, ricotta mixture, meatballs, sauce, mozzarella and pecorino). Top with the remaining 6 noodles and cover with the remaining sauce.
- Tightly cover the dish with foil and bake until bubbly, about 30 minutes. Uncover and bake until browned, about 15 more minutes.
- Let stand 20 minutes before serving.
- Photograph by Con Poulos

Nutrition Facts

■ PROTEIN **20.79%** ■ FAT **58.86%** ■ CARBS **20.35%**

Properties

Glycemic Index:39.28, Glycemic Load:1.62, Inflammation Score:-9, Nutrition Score:27.947391219761%

Flavonoids

Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Malvidin: 3.15mg, Malvidin: 3.15mg, Malvidin: 3.15mg, Malvidin: 3.15mg Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg Apigenin: 3.46mg, Apigenin: 3.46mg, Apigenin: 3.46mg, Apigenin: 3.46mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 5.61mg, Quercetin: 5.61mg,

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Nutrients (% of daily need)

Calories: 794.08kcal (39.7%), Fat: 51.71g (79.55%), Saturated Fat: 23.33g (145.79%), Carbohydrates: 40.22g (13.41%), Net Carbohydrates: 36.64g (13.32%), Sugar: 6.87g (7.63%), Cholesterol: 208.16mg (69.39%), Sodium: 1434.68mg (62.38%), Alcohol: 1.26g (100%), Alcohol %: 0.43% (100%), Protein: 41.09g (82.19%), Vitamin A: 3441.38IU (68.83%), Calcium: 656.51mg (65.65%), Selenium: 42.89µg (61.27%), Phosphorus: 592.6mg (59.26%), Vitamin B1: 0.56mg (37.14%), Vitamin K: 37.91µg (36.1%), Vitamin B2: 0.59mg (34.7%), Zinc: 4.67mg (31.16%), Vitamin B12: 1.81µg (30.2%), Potassium: 905.64mg (25.88%), Vitamin B6: 0.51mg (25.56%), Vitamin B3: 4.45mg (22.26%), Copper: 0.37mg (18.64%), Iron: 3.33mg (18.48%), Vitamin E: 2.73mg (18.22%), Vitamin C: 14.82mg (17.96%), Magnesium: 60.15mg (15.04%), Fiber: 3.58g (14.3%), Manganese: 0.28mg (13.81%), Vitamin B5: 1.32mg (13.2%), Folate: 42.35µg (10.59%), Vitamin D: 0.68µg (4.54%)