



## Slow Cooker Lasagna

READY IN



355 min.

SERVINGS



12

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14.5 ounce canned tomatoes whole peeled canned
- 10 ounces eggplant sliced quartered
- 0.5 ounce flour all-purpose
- 0.5 ounce goat's milk powder
- 0.5 pound ground pork
- 2 teaspoons penzey's southwest seasoning italian divided
- 2 tablespoons kosher salt
- 1 pound lasagna noodles
- 4 ounces part-skim mozzarella grated

- 2 large portobello mushroom caps sliced
- 1 pound mild beef sausage links hot grass-fed
- 10 ounces zucchini sliced lengthwise

## Equipment

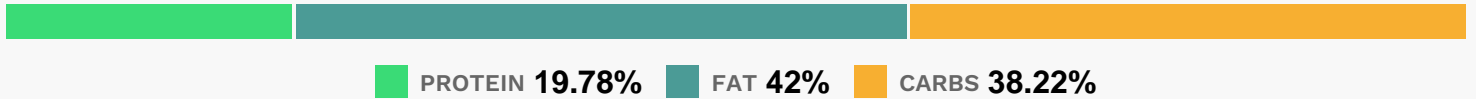
- bowl
- frying pan
- salad spinner
- slow cooker

## Directions

- Place the lasagna noodles in a 13 by 9-inch metal pan and pour over enough hot water to cover the noodles. Set aside until pliable, about 30 minutes.
- Drain the water from the noodles, separate, and set aside.
- Place the eggplant and zucchini in the bowl of a salad spinner.
- Sprinkle with the salt and purge for 20 minutes, tossing after the first 10 minutes.
- Remove the sausage from its casing and chop or pinch into 1/2-inch pieces. Set aside.
- Rinse the eggplant and zucchini under running water and spin until mostly dry.
- Use 4 pliable lasagna noodles to line the sides of a 3-quart slow cooker. Overlap the noodles slightly and press against the sides so they stick. Crush 1 tomato with your hand onto the bottom of the slow cooker. Cover with half of the sausage.
- Sprinkle with 1/2 teaspoon of the Italian seasoning, one-fourth of the flour, and one-fourth of the goat's milk powder.
- Add one-fourth of the purged vegetables in a layer, slightly overlapping the pieces.
- Add one-fourth of the sliced mushrooms in a layer.
- Add one-fourth of the remaining noodles in a layer, cut to fit any gaps, slightly overlapping the pieces. Gently press down on the noodles before building next layer. Crush another tomato and place atop the noodles.
- Add half of the ground pork, sprinkle with 1/2 teaspoon of the Italian seasoning, one-fourth of the flour, one-fourth of the goat's milk powder, one-fourth of the vegetables, and one-fourth of the mushrooms. Repeat 2 more times with the remaining ingredients. You will have 4 layers.

- Spread 2 tablespoons of the tomato juice from the can on the top of the last layer of the noodles. Set the slow cooker to low, cover, and cook for 5 hours.
- Remove any excess fat that has accumulated by pressing down directly on the top of the lasagna with a dish or small lid. Turn off the slow cooker.
- Sprinkle with cheese. Cover and leave for 30 minutes. Brown the cheese, if desired, using a propane torch or heat gun.

## Nutrition Facts



### Properties

Glycemic Index:20, Glycemic Load:12.49, Inflammation Score:-4, Nutrition Score:13.676086892252%

### Flavonoids

Delphinidin: 20.24mg, Delphinidin: 20.24mg, Delphinidin: 20.24mg, Delphinidin: 20.24mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

### Nutrients (% of daily need)

Calories: 358.72kcal (17.94%), Fat: 16.66g (25.63%), Saturated Fat: 6.12g (38.25%), Carbohydrates: 34.11g (11.37%), Net Carbohydrates: 31.25g (11.37%), Sugar: 4.18g (4.64%), Cholesterol: 48.02mg (16.01%), Sodium: 1531.59mg (66.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.66g (35.32%), Selenium: 33.27µg (47.52%), Manganese: 0.51mg (25.61%), Phosphorus: 246.51mg (24.65%), Vitamin B3: 4.48mg (22.38%), Vitamin B1: 0.33mg (22.32%), Vitamin B6: 0.37mg (18.65%), Zinc: 2.33mg (15.5%), Potassium: 492.75mg (14.08%), Vitamin B2: 0.23mg (13.62%), Copper: 0.25mg (12.3%), Calcium: 121.82mg (12.18%), Fiber: 2.85g (11.41%), Magnesium: 44.61mg (11.15%), Vitamin C: 8.44mg (10.23%), Iron: 1.81mg (10.05%), Vitamin B12: 0.58µg (9.61%), Vitamin B5: 0.9mg (9%), Folate: 29.89µg (7.47%), Vitamin K: 5.28µg (5.03%), Vitamin D: 0.69µg (4.57%), Vitamin A: 184.59IU (3.69%), Vitamin E: 0.53mg (3.53%)