



## Southwest Lasagna

READY IN



100 min.

SERVINGS



12

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 9 lasagne pasta sheets uncooked
- ☐ 1 lb ground beef 90% (at least )
- ☐ 1 oz beef broth 25%
- ☐ 0.8 cup water
- ☐ 15 oz ricotta cheese
- ☐ 4 oz chilis green chopped canned
- ☐ 2 eggs
- ☐ 26 oz pasta sauce
- ☐ 15 oz black beans rinsed drained canned

- ☐ 9 oz corn frozen thawed
- ☐ 2 teaspoons ground cumin
- ☐ 12 oz monterrey jack cheese shredded

## Equipment

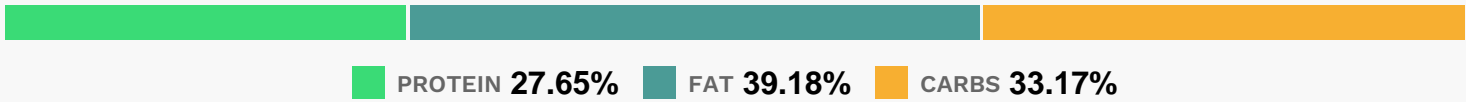
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

## Directions

- ☐ Place cookie sheet or foil in oven on rack below middle oven rack; heat oven to 375°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- ☐ Cook lasagna noodles as directed on package; drain. Rinse with cold water to cool; drain well.
- ☐ Meanwhile, in 10-inch skillet, cook ground beef over medium-high heat 5 to 7 minutes, stirring frequently, until thoroughly cooked; drain. Stir in taco seasoning mix and water. Reduce heat; simmer 5 minutes or until thickened.
- ☐ In small bowl, mix ricotta cheese, chiles and eggs.
- ☐ Stir pasta sauce, beans, corn and cumin into beef mixture. Cook about 5 minutes, stirring occasionally, until thoroughly heated.
- ☐ To assemble lasagna, arrange 3 cooked noodles in bottom of baking dish. Spoon and spread 1/3 of ricotta mixture over noodles; top with 1/3 each of beef mixture and cheese. Repeat layers 2 more times, reserving last 1/3 of cheese.
- ☐ Place baking dish on middle oven rack; bake 25 minutes.
- ☐ Sprinkle with reserved cheese; bake 15 to 25 minutes longer or until lasagna is bubbly and cheese is melted.
- ☐ Let stand 10 minutes before serving.

☐ Cut into squares.

# Nutrition Facts



## Properties

Glycemic Index:12.17, Glycemic Load:7.71, Inflammation Score:-6, Nutrition Score:17.527391361154%

## Nutrients (% of daily need)

Calories: 378.79kcal (18.94%), Fat: 16.65g (25.61%), Saturated Fat: 9.58g (59.86%), Carbohydrates: 31.71g (10.57%), Net Carbohydrates: 26.88g (9.78%), Sugar: 3.02g (3.35%), Cholesterol: 94.02mg (31.34%), Sodium: 707.92mg (30.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.43g (52.86%), Selenium: 32.39µg (46.28%), Phosphorus: 386.97mg (38.7%), Calcium: 325.56mg (32.56%), Zinc: 4.08mg (27.18%), Vitamin B2: 0.39mg (23.04%), Vitamin B12: 1.27µg (21.13%), Manganese: 0.4mg (19.83%), Fiber: 4.83g (19.32%), Iron: 3.39mg (18.86%), Vitamin B3: 3.76mg (18.81%), Vitamin B6: 0.36mg (17.93%), Potassium: 623.36mg (17.81%), Magnesium: 62.04mg (15.51%), Folate: 59.26µg (14.81%), Vitamin A: 699.68IU (13.99%), Copper: 0.27mg (13.32%), Vitamin C: 10.04mg (12.18%), Vitamin B5: 0.91mg (9.06%), Vitamin B1: 0.14mg (9.03%), Vitamin E: 1.21mg (8.09%), Vitamin K: 2.99µg (2.85%), Vitamin D: 0.43µg (2.84%)