

## Beef

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# Lasagna In A Bun

Busy Family Recipes

Taste of Home

**Servings: 8**

**3/4 pound ground beef**

**1 can (14 1/2 oz) diced tomatoes, drained**

**2 tablespoons onion soup, mix**

**1/4 teaspoon dried basil**

**1/4 teaspoon dried oregano**

**8 hoagie buns**

**3/4 cup 4% cottage cheese**

**1 egg, lightly beaten**

**1 cup (4 oz) shredded part-skim mozzarella cheese, divided**

Preheat oven to 400 degrees.

In a large skillet, cook the beef over medium heat until no longer pink; drain. Stir in the tomatoes, soup mix, basil and oregano. Cook, uncovered, for 5 minutes or until heated through.

Cut a thin slice off the top of each bun. Carefully hollow out bun bottoms, leaving a 1/4-inch shell (discard removed bread or save for another use).

In a small bowl, combine the cottage cheese, egg and 1/4 cup mozzarella; spoon into the buns. Top with the meat mixture; sprinkle with remaining mozzarella. Replace bun tops.

Wrap each sandwich in heavy-duty foil; place on a baking sheet. Bake for 20-25 minutes or until heated through.

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Per Serving (excluding unknown items): 147 Calories; 12g Fat (74.2% calories from fat); 8g Protein; 1g Carbohydrate; trace Dietary Fiber; 63mg Cholesterol; 56mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Vegetable; 2 Fat.