

# Beef and Spinach Lasagna

*Susan fay*

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*1 pound lean ground beef  
1 jar (26 to 30 ounce) low-fat spaghetti sauce  
1 can (14-1/2 ounce) Italian-style diced tomatoes  
1/4 teaspoon ground red pepper  
1 carton (15 ounce) ricotta cheese  
1 package frozen chopped spinach, thawed and well drained  
1/4 cup grated Parmesan cheese  
1 egg, beaten  
10 uncooked lasagna noodles  
1 1/2 cup (6 ounce) shredded part-skim mozzarella cheese*

Preheat the oven to 375 degrees.

In a large non-stick skillet, brown the beef. Drain on paper towels and return to the pan. Stir in the spaghetti sauce, undrained tomatoes and the pepper.

In a medium bowl, combine the ricotta, spinach, Parmesan cheese and egg.

Spread two cups of the beef sauce over the bottom of a 13x9-inch baking dish. Arrange four lasagna noodles lengthwise in a single layer. Place a fifth noodle across the end, breaking to fit. Press the noodles into the sauce. Spread the entire ricotta cheese mixture over the noodles. Sprinkle with one cup of mozzarella cheese. Top with 1-1/2 cups of the beef sauce.

Arrange the remaining noodles in a single layer. Press into the sauce. Top with the remaining beef sauce. Cover with foil.

Bake for 45 minutes or until the noodles are tender.

Sprinkle the remaining cheese on the top. Heat. Let stand for 15 minutes before cutting.

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Per Serving (excluding unknown items): 5114 Calories; 154g Fat (27.4% calories from fat); 246g Protein; 671g Carbohydrate; 37g Dietary Fiber; 693mg Cholesterol; 1949mg Sodium. Exchanges: 43 Grain(Starch); 17 1/2 Lean Meat; 3 1/2 Vegetable; 17 Fat.