

# Ever So Easy Lasagna

*Doris Ann Neuhengen - Marshall Field's Hawthorn Center*

*1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores*

## **Yield: 4 to 6 servings**

*1 pound lean ground beef  
1 can (16 ounce) tomatoes,  
cut in small chunks  
1 can (6 ounce) tomato  
paste  
1/2 teaspoon salt  
1 1/2 teaspoons Italian  
seasoning  
1/4 teaspoon sugar  
1 teaspoon garlic powder  
1/3 cup water  
15 ounces Ricotta cheese  
8 ounces shredded  
Mozzarella cheese  
6 tablespoons Parmesan  
cheese, divided  
2 tablespoons fresh parsley,  
chopped  
6 uncooked lasagna  
noodles*

Crumble the ground beef into a two-quart microwave-safe casserole. Microwave on HIGH for 5 to 6 minutes or until no longer pink. Stir to break into pieces halfway through the cooking time. Drain.

Stir in the tomatoes, tomato paste, salt, Italian seasoning, sugar, garlic powder and water. Cover and microwave on HIGH for 6 to 7 minutes or until the mixture comes to a boil.

While the sauce is cooking, combine the Ricotta, Mozzarella, 1/4 cup of the Parmesan, egg and parsley. Mix well. Spoon 1-1/2 cups of the sauce into an 8x12x2-inch microwave-safe baking dish. Place three uncooked noodles over the sauce. Top with one-half of the cheese mixture, spreading evenly. Spoon one cup of sauce evenly over the cheese mixture. Place the remaining three noodles over the sauce. Top with even layers of the remaining cheese mixture and the sauce. Sprinkle with the remaining Parmesan cheese. Cover tightly with two layers of plastic wrap.

Microwave on HIGH for 15 minutes. Rotate the dish one-half turn. Microwave on MEDIUM (50%) for 30 minutes. Let stand for at least 20 minutes before cutting into squares for serving.

Per Serving (excluding unknown items): 4843 Calories; 223g Fat (41.9% calories from fat); 26g Protein; 436g Carbohydrate; Dietary Fiber; 782mg Cholesterol; 4326mg Sodium. Exchanges: 1/2 Grain(Starch); 27 1/2 Lean Meat; 6 Vegetable; 26 1/2 Fat Other Carbohydrates.