

## Meat Lasagna



### Ingredients

1. 2 Tbs. olive oil
2. 2 cups diced celery
3. ½ cup diced red onion
4. 2 pounds ground beef
5. 15 oz. tomato sauce (No sugar added)
6. 1 Tsp. minced fresh garlic
7. 1 Tsp. garlic powder
8. ½ Tsp. salt
9. ½ Tsp. black pepper

**Cook time:** 50 min.

**Prep time:** 30 min.

**Nutrition:** Serves 12

<b>Calories</b>	<b>350</b>
<b>Fat</b>	<b>19g</b>
<b>Protein</b>	<b>40g</b>
<b>Fiber</b>	<b>1g</b>
<b>Net Carbs</b>	<b>4g</b>

### Cheese Filling

1. 15 oz. ricotta cheese
2. 4 cups shredded mozzarella cheese
3. ½ cup grated Parmesan cheese
4. 1 large egg
5. ½ Tsp. minced fresh garlic
6. 2 Tsp. dried Italian seasoning
7. 1 Tsp. garlic powder
8. ¼ Tsp. black pepper

### Instructions

1. Preheat the oven to 350°F. Heat the oil in a large skillet over medium-high heat. Add the celery and onions, and cook until slightly tender.
2. Add the ground beef and cook until browned. Drain off the excess fat with a spoon or turkey baster.
3. Add the tomato sauce, garlic, garlic powder, salt, and pepper, and simmer for 2 more minutes, stirring constantly. Remove from the heat.
4. Mix the ingredients for the cheese filling together in a bowl. Using only half of the mozzarella.
5. Fill the bottom of a 13x9 baking dish with the meat filling and top with the cheese filling.
6. Cover the top with the remaining 8 oz. of mozzarella cheese.
7. Bake for 45 to 50 minutes, until the top starts to become golden and bubbly.
8. Let cool for 10 minutes before slicing (the lasagna will hold together better).