

Lasagna Roll Ups

This meal is just as good fresh or out of the freezer!

2 pounds ground beef

1 small onion, finely diced

1 tbsp. garlic, minced

1 jar (26 oz.) spaghetti sauce

1 cup water

1 (30 oz.) container small curd cottage cheese

3 cups shredded mozzarella cheese, divided

1/2 cup grated parmesan cheese, divided

1 egg

2 tbsp. Italian seasoning (optional)

1 teaspoon pepper

Lasagna noodles, cooked

Pepperoni (also optional)

Salt, to taste

Step 1:

Cook lasagna according to package. You want to cook about 8-12 noodles, depending on how generous you are with the cheese and meat on each roll. I add a teaspoon of oil to the water so the noodles don't stick. Set cooked noodles aside.

Step 2:

Brown ground beef and onion in a large skillet.

(You're gonna be adding the sauce and water to it after the meat is cooked.)

Then add garlic and cook for additional 1-2 minutes.

Drain excess grease from beef, then put back into skillet.

Pour in spaghetti sauce and water.

Stir well and taste to see if you need more seasoning. Let simmer 20 minutes or so, it really lets the flavors come out.

Step 3:

In a separate bowl, mix together cottage cheese, 2 cups mozzarella cheese, $\frac{1}{4}$ cup parmesan cheese, egg, pepper and seasoning.

(Put your remaining cheeses back in the fridge, you'll be using those after your lasagna is cooked.) Spray a casserole dish with cooking spray, and pour half the meat mixture on the bottom of the dish. Set aside.

Step 4:

Lay your cooked noodles down on a cutting board. First spread the cheese mixture on the pasta. Just enough to cover the noodle. This would be the time to lay down the pepperoni if you choose to use it in your rolls up, then roll up jelly roll style. Place your roll, seam down, in dish on top of the meat mixture. Then spoon remaining meat on top of the rolls.

Bake at 350 for 30-40 minutes. 5 minutes before the lasagna rolls are done, top with remaining cheese and bake till melted. Serve with warm bread and a crisp salad. Enjoy!

NOTE:

To freeze, simply top with a little extra sauce, put foil over top and place in freezer.

When ready to bake, simply take out of freezer, unthaw, and bake for 1 hour at 350.