Grandma Carter's Lasagna

HEARTY

YIELD	ACTIVE	TOTAL	OVEN	PER SERVING
9 × 13 in dish, 12 servings	45 min	≈1 h 30 min	350 °F (177 °C)	438 kcal · 643 mg Na · 27 g protein

EQUIPMENT
Baking dish, 9 × 13 in · Dutch oven, 6 qt · Large pot · Half sheet pan

#	INGREDIENT	MASS	VOLUME	PROCEDURE
SAUCE				
1	Ground beef, 80/20*, from the freezer*	454 g	1 lb	Put the ground beef and onion in the Dutch oven over medium-high heat. Cook, breaking up the meat, until no pink remains and the onion is soft, ≈10 min. Stir in the garlic and parsley now, if using.
	Onion*, chopped*	227 g	½ lb	
	Garlic + parsley (optional)		to taste	
2	Tomato paste	340 g	2 cans (6 oz each)	Add the tomato paste, water, salt and pepper to the meat and stir until smooth. Simmer gently for ≈10 min. This is the sauce.
	Water	474 g	2 cups	
	Kosher salt, Morton	4.8 g	1 tsp	
	Black pepper		½ tsp	
LAYER AND BAKE				
3	Lasagna noodles	454 g	1 lb box	Preheat the oven to 350 °F (177 °C). Boil the noodles in the large pot as the box directs, then drain them. Lay them out flat so they don’t stick together.
4	Cottage cheese, 4%	454 g	1 lb	Spread a thin layer of sauce in the dish. Then layer noodles, cottage cheese, mozzarella and more sauce. Repeat these layers until everything is used, finishing with sauce and mozzarella.
	Mozzarella, Galbani whole milk*, shredded*	454 g	1 lb	
5	Parmesan, Kraft grated	60 g	½ cup	Sprinkle the Parmesan over the top. Set the dish on the sheet pan in case it bubbles over. Bake until bubbling at the edges, 20–25 min. Let it rest ≈15 min before cutting.

NUTRITION	MASS	CALORIES	SODIUM MG	PROTEIN G
Ground beef, 80/20	454 g	1,153	300	78
Onion	227 g	91	9	3
Tomato paste	340 g	279	201	15
Kosher salt, Morton	4.8 g	—	1,920	—
Lasagna noodles	454 g	1,684	27	59
Cottage cheese, 4%	454 g	445	1,430	50
Mozzarella, Galbani whole milk	454 g	1,362	2,875	91
Parmesan, Kraft grated	60 g	240	960	24
Total		**5,254**	**7,722**	**320**
Per serving (1/12)		**438**	**643**	**27**

Nutrition: USDA FoodData Central: SR Legacy (80/20 beef, onion, tomato paste, dry pasta, creamed cottage cheese) and Branded Foods labels (Galbani, Kraft Grated Parmesan, Morton). Water, garlic, parsley and pepper not counted.

NOTES

- The card's other sauce option: 1 jar of spaghetti sauce instead of the tomato paste. If you use a jar, skip the water.
- The card says ¾ lb of hamburger "or 1 lb if you like". This uses 1 lb from the freezer.
- The card's layering line leaves out the mozzarella, so it's added here with the cottage cheese. The simmer and rest times aren't on the card.
- A full pound of noodles makes a very full dish. If it won't all fit, use fewer noodles or bake the extra in a 9 in round pan.