

## Lasagna

*No precooking of noodles. Whether served for a meal or a sumptuous late night snack, this is one of the best freezer foods to have on hand.*

Extra lean ground beef	- 500 g (1 lb)
Diced tomatoes	- 2 796 ml (28 oz) cans
Tomato sauce	- 213 ml (7 ½ oz)
Garlic salt	- 1 ml (1/4 tsp)
Envelope spaghetti sauce mix	- 1
Cottage cheese	- 500 g (2 cups)
Egg	- 1
Grated parmesan cheese	- lots
Mozzarella cheese, shredded	- 170 g (6 oz) or more
Wide lasagna noodles, raw	- almost a full box **

Brown beef in frying pan. Break up any lumps.

Add tomatoes, sauce, garlic and spaghetti sauce mix. Bring to boil and then simmer slowly for 10 minutes. Put some of the sauce on the bottom of a 9 x 13 in (22x33 cm) pan - just enough to keep noodles from resting on bottom of pan.

In small mixing bowl mix cottage cheese, beaten egg and parmesan together well. It should be thick but spreadable.

Put a layer of raw noodles, then half the meat sauce, and then spread the cottage cheese mixture. Put a second layer of raw noodles, the rest of the meat sauce, and then spread the mozzarella cheese.

Cover tightly with foil and bake in a 350 degree oven for 1 hour or more until the noodles are tender. Let stand 10 minutes before servicing. Serves 8 generously or 12 average.

*\*\* Do not use the lasagna noodles that say they don't require cooking before use. They will not absorb enough of the liquid from the tomatoes and you will end up with lasagna soup.*