

Stovetop Lasagna

Adapted from The Real Food Dietitians
Makes 6 servings

Ingredients

1 large zucchini
1 yellow, red, or orange bell pepper
1 small onion
4 cloves garlic
9 uncooked lasagna noodles
1 pound ground beef
1 jar (24 ounce) marinara sauce
1 ½ cups water
1 cup cottage cheese
1 ½ cups shredded mozzarella cheese, divided



Photo credit: The Real Food Dietitians website

Instructions

Cut zucchini and bell pepper into 1/2-inch pieces. Chop onion and mince garlic. Break lasagna noodles into 1-inch pieces. Set aside.

Heat a large pot over medium-high heat. Add ground beef, zucchini, bell pepper, onion, and garlic. Use a spatula to break up the meat and cook, stirring occasionally, for 8-10 minutes until the beef is almost cooked through and peppers have softened. If there is a lot of excess fat, spoon it from the pan.

Add marinara sauce and water to the pot and stir to combine. Bring to a boil. Add the broken lasagna noodles and stir well. Reduce heat to low and place a tight-fitting lid on pot.

Cook for 25-30 minutes, stirring every 5-7 minutes, until the noodles are tender. Remove lid and stir in cottage cheese and half the mozzarella cheese. Cook 5 more minutes uncovered, then sprinkle over the remaining mozzarella cheese.

Remove pan from heat, cover with lid, and let stand for 5 minutes before serving.

Note:

- To make the recipe gluten free, use gluten-free lasagna noodles, such as brown rice or legume-based options.
- To make the recipe dairy free, use dairy-free cottage cheese and mozzarella cheese.
- This recipe can be made in an electric skillet in the classroom!