

## One Pot Lasagna Pasta

Less muss and less fuss, but still oh-so-satisfying. Blend all the basics—Ground Beef, zucchini, pasta, sauce and cheese—in a single pot, then finish in the oven. Recipe developed by Oh Sweet Basil and The Beef Checkoff

### INGREDIENTS

- 1 pound Ground Beef (93% lean or leaner)
- 1 medium zucchini, chopped (about 1-1/2 cups)
- 1 jar (24 to 26 ounces) garden-style pasta sauce
- 2 cups water
- 1/2 teaspoon pepper
- 6 ounces uncooked mini bow tie (farfalle) pasta (about 2-1/8 cups)
- 2/3 cup reduced-fat ricotta cheese
- 1 cup reduced-fat shredded mozzarella cheese
- Thinly sliced or chopped fresh basil



50 Min	4	42 Cal	45g
	Servings		Protein

### COOKING

1. Preheat oven to 375°F. Heat ovenproof 5 to 6-quart Dutch oven or stockpot over medium heat until hot. Add Ground Beef and zucchini; cook 8 to 10 minutes, breaking beef into small crumbles and stirring occasionally.
2. Stir in pasta sauce, water and pepper. Bring to a boil, stirring occasionally. Remove from heat. Stir in pasta. Spoon heaping teaspoons ricotta cheese over top of sauce. Slightly swirl ricotta into sauce, not mixing in completely.
3. Cover and bake in 375°F oven 10 minutes. Uncover. Sprinkle with mozzarella cheese. Bake 7 to 10 minutes or until pasta is tender. Let stand 5 minutes. Sprinkle with basil before serving.

**Skillet-Stovetop Method** Prepare recipe as directed above using 12-inch nonstick skillet and adding uncooked pasta with pasta sauce, water and pepper in step 2. Bring to a boil, stirring occasionally. Reduce heat; cover and cook on stovetop 8 to 11 minutes (13 to 15 minutes for regular bow tie pasta) or until pasta is tender, stirring once. Remove from heat. Swirl ricotta into sauce as directed in step 2. Sprinkle with mozzarella cheese. Cover and let stand 5 minutes or until mozzarella cheese is melted.

### NUTRITION

<b>Serv Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Cholest</b>	<b>Sodium</b>	<b>Total Carb</b>	<b>Protein</b>		
4		19.2g	114mg		53g	45g	1	0

\*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com