

High Protein Pasta Bake

Macros: 498 cals | 41g protein | 62g carb | 11g fat

Makes 12 servings

Ingredients

- 1 yellow onion
- 3 medium/small zucchini chopped
- 2 lbs lean ground beef (97/3)
- 1 tbs Garlic powder
- 1 tbs Onion powder
- 1tbs Italian seasoning
- 1tsp salt
- 1 tsp pepper
- 2 box protein pasta
- 3 jar pasta sauce
- 1 cup low-fat cottage cheese
- 1 bag fat free mozzarella cheese
- ½ cup Parmesan cheese



Directions

1. In a large pot, sauté onions and add ground beef with seasonings when meat is almost done, add zucchini and stir.
2. Once meat is browned and zucchini have begun to cook, add in 3 (I used Prego 23.75oz 1 sausage, 1 garden 1 tomato basil) let simmer stirring occasionally.
3. In a large pot, boil water and add salt. Once a rapid boil has been reached, add pasta and cook to desired doneness (8-10 minutes).
4. Once pasta is cooked, transfer into a large casserole or aluminum pan. Add mozzarella, Parmesan, and cottage cheese to pasta and stir. Once combined, pour in your sauce and stir again to thoroughly combine everything.
5. Bake at 350°F for 25-35 mins. Let cool for 15 minutes or serve immediately to a hungry hoard. I divide it into 12 meal prep containers.

Meal Prep Tip 💡 Store in refrigerator for up to a week. To rewarm, remove lid and lay on top of container loosely, microwave on high for 1 minute 30 seconds and enjoy.



| Ingredient | Serving | Calories | Carbs | Fat | Protein |
|----------------------------|---------|----------|-------|------|---------|
| Lean Ground Beef | 2lbs | 1530 | 0 | 72 | 207 |
| Medium onion | 1 | 41 | 0.2 | 9.5 | 1.3 |
| Zucchini | 3 | 63 | 12 | 1 | 4.5 |
| Pasta sauce sausage | 1 Jar | 400 | 55 | 12.5 | 15 |
| Pasta sauce tomato basil | 1 Jar | 350 | 60 | 5 | 10 |
| Pasta sauce Garden | 1 Jar | 300 | 55 | 5 | 10 |
| Protein pasta | 2 box | 2660 | 532 | 14 | 140 |
| fat free mozzarella cheese | 1 bag | 315 | 14 | 0 | 63 |
| Parmesan cheese | ½ cup | 160 | 0 | 12 | 16 |
| low-fat cottage cheese | 1 cup | 160 | 12 | 2 | 24 |
| Total | | 5979 | 740 | 133 | 491 |
| Per serving (12) | | 498 | 62 | 11 | 41 |