

HIGH PROTEIN LASAGNA BOWL

480 Calories | 44g Protein | 48g Carbs | 14g Fat



INGREDIENTS

Base

- 32 oz 93% ground beef
- 2 tablespoons tomato paste
- 2, 28 oz. cans crushed tomatoes
- 32 oz. bone broth

Seasoning

- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1.5 tablespoon salt
- 1 tablespoon Italian herbs
- 1 teaspoon black pepper
- 1 pound oven ready lasagna

Cream Sauce

- 120mL fat free milk
- 200g blended cottage cheese
- 120g shredded parmesan cheese
- 60g shredded mozzarella

DIRECTIONS

1. Cook ground beef and place in slow cooker with the rest of the "base" and "seasoning" ingredients. Do not put in lasagna at this time.
2. Cook on low for 7 hours or high for 4 hours.
3. With one hour of cooking time left, blend the "cream sauce" ingredients and put in slow cooker. Then break up dry lasagna noodles and place in slow cooker with 1 cup of water.
4. Top with sprinkle of shredded mozzarella and ricotta cheese.