



High Protein Lasagna Bowl

Macros: 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