

EASY SLOW COOKER LASAGNA

From Wynette Winkler

I originally saw this recipe in the local paper (Telegram Tribune). I thought it was a great idea because there was no cooking of the lasagna noodles (which, to me, means I don't have to burn my fingers trying to pick the darn noodles up). I've modified it a bit and each cook can easily make her/his own variation with the ingredients. I checked on the web and it looks as if slow cookers (the generic name for Rival's Crock Pot) are very energy efficient. So this is a low-cost recipe (the meat and the cheese are the main costs) with low-energy use. All the ingredients are variable depending on the size of your slow cooker. Be careful of using too much liquid (you may end up with lasagna stew). This is great for pot lucks, a school or work day when you want to come home to a hot meal, or a weekend where you'll be out for the day and want dinner ready when you get home.

Ingredients:

1 pound of ground meat (beef, turkey, chicken, Italian spiced sausage, etc)

1 package lasagna noodles

Shredded cheese (use your favorite)

Spaghetti sauce (make your own or buy it)

1 large container Ricotta Cheese

Italian seasoning

Optional Ingredients:

Olives

Onions

Mushrooms

Parmesan cheese

Garlic

Egg (mixed with Ricotta)
Tomato paste (used to thicken)
Cottage Cheese
Parsley
Basil
Oregano
Fennel
Artichokes
Spinach

Preparation:

1. Brown the meat in frying pan and season to taste.
2. Layer ingredients, starting with tomato sauce, noodles (break them up to fit into your cooker), meat, cheese, etc.
3. Decorate the top (cheese and parsley look nice).
4. Cover and cook on high for 1 hour.
5. Reduce heat and cook on low for 4 or more hours. ☺