

Zucchini Lasagna

INGREDIENTS:

- 1 lb. ground beef
- 3 cloves garlic, minced
- 1 small onion, chopped
- 1 small green pepper, chopped
- 6 oz. tomato paste
- 15 oz. tomato sauce
- 1 T fresh parsley
- 1 T basil
- 1 T oregano
- Salt and pepper, to taste
- 1 zucchini, sliced thinly
- 8 oz. mushrooms, sliced

PROCESS:

- Brown the ground beef in a large pot over medium heat, stirring frequently
- Add in garlic, onion, and green pepper, and continue to sauté for 5 minutes.
- Stir in tomato paste and tomato sauce
- Add in parsley, basil, oregano, salt and pepper, continue to stir.
- Bring sauce to a light boil, then remove from heat.
- Grease a 9" x 13" baking dish with coconut oil.
- Place a thin layer (1/2 inch) of the sauce in the baking dish.
- Layer zucchini and mushrooms over sauce, and repeat, alternating layering of sauce, then zucchini and mushrooms.
- Bake lasagna at 325°F for 15 minutes, covered with foil.
- After 15 minutes, remove foil; increase temperature to 350°F, and bake for an additional 15 minutes.

ENJOY!

