

# Zucchini Lasagna

## INGREDIENTS:

- 1 lb ground beef
- 1 cup green bell peppers, chopped
- 1 cup onion, chopped
- 1 tbsp basil, fresh
- 1 tbsp parsley
- 1 tbsp oregano, fresh or dried
- 1 zucchini, sliced thinly
- 1 ¼ cup mushrooms, white, raw, sliced
- 15 oz tomato sauce, no salt added
- 3 cloves garlic, minced
- 6 oz tomato paste, no salt added
- 1 tsp salt & pepper, to taste

## PROCESS:

1. Brown the ground beef in a large pot over medium heat, stirring frequently.
2. Add in garlic, onion, & green pepper, & continue to saute for 5 minutes.
3. Stir in tomato paste & tomato sauce.
4. Add in parsley, basil, oregano, salt, & pepper & continue to stir.
5. Bring sauce to a light boil, then remove from heat.
6. Grease a 9x13 baking dish with coconut oil.
7. Place a thin layer (½ inch) of the sauce in the baking dish.
8. Layer zucchini & mushrooms over sauce, & repeat, alternating layering of sauce, then zucchini & mushrooms.
9. Bake lasagna at 325 degrees for 15 minutes, covered with foil.
10. After 15 minutes, remove foil, increase temperature to 350 degrees & bake for an additional 15 minutes & ENJOY!

From: [primalpalate.com](http://primalpalate.com)

