

Grass-Fed Beef Lasagna

Ingredients

- * One pound or one-and-a-half pound package of Grass-Fed ground beef
- * One package lasagne noodles
- * 1 500 mL can diced tomatoes
- * 3 tbsp olive oil
- * 1 medium onion chopped finely
- * 2 garlic cloves minced
- * ½ can tomato paste
- * Oregano
- * Salt
- * ¼ cup fresh parsley chopped
- * 1 zucchini small – chopped
- * 3 cups mozzarella cheese

White sauce

- * 2 tbsp flour
- * 2 tbsp butter
- * 1 cup milk

Sauté onion and garlic in oil and add ground beef. Add the tomatoes, tomato paste and zucchini. Add oregano and salt to taste. Simmer for 10 minutes on medium heat.

To prepare white sauce

In a small, heavy saucepan, melt 2 tablespoons of butter over low heat. Blend 2 tablespoons of flour into the melted butter. Add ¼ teaspoon of salt. Cook over low heat, stirring for 4-5 minutes. Cooking for this length of time will minimize 'flour' taste. Slowly add 1 cup of milk, stirring constantly. Continue cooking slowly until smooth and thickened.

Assembly

Layer in a 13"x11" lasagna pan. Place ½ of meat mixture, then add lasagne noodle layer, white sauce layer and mix in 2 cups of cheese on top of white sauce mixture. Repeat with noodles and meat sauce and cheese layer on top. Sprinkle fresh parsley on top. Cover with foil and bake at 350 degrees Fahrenheit for 35-40 minutes then an additional 10 minutes uncovered to brown cheese.

Let stand for 5 minutes before serving.