

LASAGNA

PHS Cooking Team - Pikeville High School

<i>1 lb ground beef</i>	<i>finely chopped</i>	<i>tomatoes</i>
<i>Spice mixture</i> <i>(recipe below)</i>	<i>1 cup broccoli,</i> <i>finely chopped</i>	<i>1 - 15-oz container part-skim ricotta cheese</i>
<i>1 Tbsp Bourbon</i> <i>Barrel Handcrafted</i> <i>Worcestershire sauce</i>	<i>1 cup zucchini,</i> <i>finely chopped</i>	<i>1 - 8 oz block part-skim mozzarella, freshly shredded</i>
<i>1 cup onion,</i> <i>finely chopped</i>	<i>8 oz sliced mushrooms</i>	<i>12 oz box whole wheat lasagna noodles</i>
<i>2 cloves garlic,</i> <i>finely chopped</i>	<i>Olive oil to sauté and grease pan</i>	<i>1-2 Tbsp chicken stock starter</i>
<i>1 cup carrots,</i> <i>finely chopped</i>	<i>8-10 oz package of spinach, or a bunch of fresh spinach</i>	<i>1/4 cup parmigiann, reggiano, or parmesan cheese, freshly grated and divided</i>
<i>1/2 cup celery,</i> <i>finely chopped</i>	<i>1 egg, lightly beaten</i>	
<i>1 cup green pepper,</i>	<i>2 - 28-oz cans crushed and/or pureed</i>	

Spice Ingredients

<i>2 tsp dried oregano</i>	<i>pepper flakes</i>	<i>1 tsp black pepper</i>
<i>1 tsp dried basil</i>	<i>1 tsp paprika</i>	<i>2 tsp iodized salt</i>
<i>1/2 tsp crushed red</i>	<i>1/2 tsp brown sugar</i>	

Preheat oven to 375°. Prepare noodles as directed on package, and add the chicken stock starter to the water before adding the noodles. Meanwhile, in a large pan, add some olive oil, and sauté ground beef, using utensil to break apart and cook the hamburger, about 2 - 5 minutes. To the hamburger add spice mixture and Worcestershire sauce and continue to cook until all meat is brown. Drain if needed.

When meat has browned, transfer to pot and add all vegetables except the zucchini. Cook 5 - 10 minutes or until vegetables are beginning to soften. Add tomato paste to the mixture. Stir together with vegetable mix and allow to all turn rust in color. Add tomatoes and simmer 10 - 15 minutes or until slightly thickened. When the sauce is almost finished, add the zucchini.

While the meat mixture is simmering, in a separate bowl, lightly beat egg, add ricotta and mozzarella, 1/2 the parmigiano-reggiano-or-parmesan cheese, and parsley.

To build lasagna: Grease 9"x13" baking dish with olive oil, and layer in a few sheets of pasta to cover the bottom, then layer with 1/3 meat sauce and 1/3 ricotta cheese. Repeat layering until dish is full. Place a baking sheet under the lasagna while baking and bake for 40 to 45 minutes until melted and golden brown. When the lasagna is removed from the oven, add the remaining parmigiano-reggiano-or-parmesan cheese. Allow to cool before slicing and serving. Garnish with seasonal herbs.