

Easy Beef Skillet Lasagna

Serves 6

Prep Time: 15 mins.

Cook Time: 25-30 mins.

Total Time: 40-45 mins.

Ingredients

- 1 teaspoon avocado oil or olive oil
- 1 pound lean ground beef (we use 90-93%)
- 1 medium zucchini, diced small (1/4-inch)
- 1 medium yellow bell pepper, diced small (1/4-inch)
- 1 small onion, diced small (1/4-inch)
- 4 garlic cloves, minced
- 1 (24-ounce) jar marinara sauce of your choice
- 2 teaspoons dried Italian seasoning
- 1 1/2 cups water
- 8 ounces uncooked lasagna noodles, broken into small pieces
- 1 cup cottage cheese, lightly drained if there is a lot of liquid
- 4 ounces shredded mozzarella cheese (1 cup)
- Fresh basil leaves for garnish

Directions

1. Place a 12-inch skillet with a tight-fitting lid over medium-high heat. When the skillet is hot, add ground beef, zucchini, bell pepper, onions, and garlic. Use a spoon or spatula to break up the meat and cook, stirring occasionally, for 8-10 minutes or until onions and peppers start to soften and beef is almost cooked through. Drain excess fat if there is quite a bit in the pan.
2. Add marinara sauce and water to the skillet with the meat and veggie mixture and bring to a boil.
3. Add the broken lasagna noodles and stir. Reduce heat to low and place the lid on the skillet.
4. Cook for 20-25 minutes, stirring every 5 minutes, or until the noodles are tender.
5. Remove the lid and stir in the cottage cheese and 1/2 cup mozzarella cheese. Stir and cook for an additional 5 minutes uncovered.
6. Sprinkle with remaining 1/2 cup mozzarella cheese. Remove the skillet from the heat and allow it to stand, covered, for 5 minutes to allow the sauce to thicken. Broil for 3-5 minutes, if desired, to crisp up the cheese then garnish with chopped fresh basil, if desired.

Nutrition Info: (Serving size: 1/6 recipe) 425 calories | 16 g fat | 750 mg sodium | 43 g carbs | 6 g sugar | 3 g fiber | 31 g protein
