



# THE ingles TABLE

with Sarah Elizabeth  
**Grandma Fern's Lasagna**

## Shopping List

- 1 lb Ground Beef
- 24 oz Jar of Meat-Flavored Tomato Pasta Sauce
- 3/4 Cup Water
- 16 oz Low-Fat or Fat-Free Cottage Cheese
- 3 Cups Shredded Mozzarella Cheese
- 8 oz Container of Grated Parmesan (or Parmesan Romano Cheese)
- 9-oz Box Lasagna Noodles



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## Cooking Instructions

- 1) Preheat oven to 350 degrees.
- 2) In a large fry pan (3 inches deep or more), brown meat and drain grease.
- 3) Add sauce to the meat. Pour water in the empty sauce jar, replace lid and shake. Add water to meat and sauce mixture, stir, then simmer for 5 minutes.
- 4) Layer the lasagna: In a 9" x 13" casserole dish, spoon a thin layer of the meat sauce mixture on the bottom of your dish. Place four UNCOOKED lasagna noodles across pan and place fifth noodle at top of pan. Next spread thin layer of cottage cheese across all noodles. Add about a cup of the mozzarella evenly atop cottage cheese. Sprinkle Parmesan. Repeat layers again as before.
- 5) Add remaining sauce to top with mozzarella and parmesan.
- 6) Cover with aluminum foil, then bake for one hour.

*Let stand 10 minutes before serving.*