

Cauliflower Ziti



INSTRUCTIONS

- Preheat oven to 375°.
- In a large saucepan, heat oil and add onion.
- Cook until onion begins to soften. Add garlic and cook for an additional minute.
- Add ground beef to onion and garlic and cook until no longer pink.
- Add tomato paste and oregano and continue to cook until tomato paste begins to darken.
- Add crushed tomatoes and basil and reduce to a simmer. Allow to simmer for 15 minutes or until liquid begins to reduce slightly.
- While beef mixture is simmering blanch one head of chopped cauliflower.
- Combine cauliflower with beef mixture and set aside.
- In a large baking dish spread about half the beef and cauliflower mixture on the bottom.
- Top with about half the ricotta cheese. Sprinkle with half the mozzarella and grated parmesan.
- Spread the remaining beef and cauliflower over the cheese and repeat the layering.
- Place baking dish in oven and back for about 25 minutes or until cheese is bubbly and golden brown.

SHOPPING LIST

- 1 head Cauliflower
- 1 lb. Lean Ground Beef
- 28 oz. Crushed Tomatoes
- 2 cup Shredded Mozzarella Cheese
- 1 1/2 cup Ricotta Cheese
- 1 cup Grated Parmesan Cheese
- 2 Tbsp. Tomato Paste
- 2 Tbsp. Fresh Basil, thinly sliced
- 1 tsp. Dried Oregano
- 1 Tbsp. Olive Oil
- 1 Yellow Onion, chopped,
- 1 Tbsp. Diced Garlic