Veggie Crockpot Lasagna

Servings 8 | Prep time 15 mins. | Total time 4 hours 15 mins.

Equipment:
Slow cooker
Cutting board
Utensils:
Measuring cups and spoons
Knife

Ingredients

Non-stick spray
2 24 ounce jars tomato sauce
9 uncooked lasagna noodles
32 ounces (ricotta or cottage) cheese
4 cups vegetables (baby spinach, onion, carrots, zucchini, tomatoes, mushrooms, etc.), chopped
OR 2 12 ounce packages frozen vegetable mix
2 cups mozzarella cheese, shredded
1/2 cup grated Parmesan cheese

Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and produce.
2. Spray inner slow cooker dish with non-stick spray.
3. Spread 1/2 cup tomato sauce on bottom of the crockpot.
4. Break noodles to fit and cover tomato sauce in the crockpot.
5. Layer 1/3 of ricotta or cottage cheese, vegetables, sauce, and shredded mozzarella.
6. Add another layer of noodles and repeat layering ingredients 2 more times for a total of 3 complete layers. End with a layer of noodles on top. Put a thin layer of tomato sauce on top of the final later of noodles.
7. Top with Parmesan cheese.
8. Cover and cook on high for 3 hours or on low for 5-6hours. Turn crockpot off completely and let the lasagna cool for one hour.

Nutritional Information:
Calories 350
Total Fat 12g
Sodium 350mg
Total Carbs 38g
Protein 27g

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