



Veggie Crockpot Lasagna

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

Equipment: Crockpot (6-7 quart), Measuring cups, Cutting board

Utensils: Knife

Ingredients

Non-stick spray

2 24 ounce jars or cans of tomato sauce

9 lasagna noodles, uncooked

32 ounces ricotta or cottage cheese

3-4 cups fresh vegetables, chopped (kale, onion, carrots, and zucchini) OR 2, 12 ounce bags frozen vegetables

2 cups shredded mozzarella OR provolone cheese

1/2 cup parmesan cheese

Instructions

1. Before you begin, wash your hands, surfaces, utensils, produce, and tops of cans.
2. Spray crockpot with non-stick cooking 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, veggies, sauce, and shredded mozzarella OR provolone cheese.
6. Add another layer of noodles and repeat layering ingredients two more times for a total of three complete layers. End with a layer of noodles on top.
7. Top with parmesan cheese.
8. Cover and cook on high for 3 hours or on low for 5-6 hours. 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