



# 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 5-6 hours. Turn crockpot off completely and let the lasagna cool for 10 minutes.

## Nutritional Information:

Calories 350

Total Fat 12g

Sodium 350mg

Total Carbs 38g

Protein 27g