

ANGIE+WES

BEST HOMEMADE LASAGNA RECIPE

8 Servings

PREP TIME: 15 MINS | COOK TIME: 90 MINS | TOTAL TIME: 105 MINS

INGREDIENTS

- 6 lasagna noodles
- 1 lb. freshly ground chicken (boneless skinless chicken thighs or breasts)
- 1 pkg. of fresh organic basil (7 leaves)
- 2 tsp of Oregano
- 1 tsp. of Fresh Parsley or dried parsley flakes
- 1/4 c. Chopped red pepper
- 1 large onion chopped
- 1/4 c. Chopped green pepper
- 3 chopped garlic cloves
- Seasoning salt (to taste)
- 1 large can of tomato sauce
- 1/4 tsp black pepper
- 16 oz of Monterey Jack cheese
- 1/2 c. of sour cream
- a couple capfuls of Gravy Master (to add flavor and color)
- 1/4 c. Extra Virgin Olive Oil

METHOD

Add the Lasagna Noodles to boiling water and add a dash of olive oil to keep the noodles from sticking together and gently stir being careful not to tear them.

Boil for about 25 minutes.

Remove the noodles and put them in a strainer. Rinse in cold water, pat dry and lay them out on a large plate, being sure to keep them in-tact.

Place the first two layers in a 9 x 13 oiled glass dish. I find glass to be a great baking tool and seems to make casseroles take a step up.

Start with placing the ground chicken. in the pan that you will use to prepare the meat sauce. Add seasoning, Olive oil and a dash of Gravy Master to add a little flavor and color.

Chop up all the vegetables and herbs and add them to the ground chicken and seasoning.

Simmer the vegetables and meat together. The vegetables should become transparent and the meat should be browned. Drain the excess oil and fat from the mixture.

Add tomato sauce, a drizzle of olive oil, and a little more seasoning to taste, be sure not to add too much salt.

Cover and Simmer for about 30-45 minutes.

In a glass casserole dish layered with olive oil, place the first layer of 2 noodles in the dish.

As Shown in the photo above, distribute the meat sauce over the noodles and add sour cream over the sauce.

Repeat the second layer in exactly the same way as the first.

Add the meat sauce to the third layer, topping with the sour cream, and shredded cheese.

Top the shredded cheese with the fresh basil, oregano, parsley, black pepper and drizzle with olive oil.

Preheat the oven and bake at 350°F for 30 minutes, let cool for at least 10 minutes and serve.