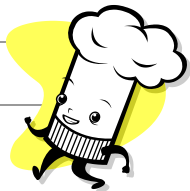

Spaghetti Lasagna - serves 4



Ingredients:

- 1 tbsp Olive oil
- 1 Clove garlic
- 1 Medium onion
- 1 lb Lean ground beef
- 1 Can 26 oz of your favorite spaghetti sauce
- 2 Can 14.5 oz diced tomatoes
- 12 oz Spaghetti
- 1 pack 15 oz ricotta cheese
- 1 egg
- 1 pack frozen spinach
- 1 cup shredded mozzarella cheese

Directions:

IN a small pan, add olive oil, onions and garlic, mix and simmer. Cook ground beef with onion, drain grease. In a big pot add ground beef and onions with garlic with diced tomatoes, spaghetti sauce. Cover pot and cook down for one hour. In another bowl combine ricotta cheese, egg, and chopped spinach,, mix well. Cook spaghetti.

In a large casserole dish spray bottom with non stick spray. Line bottom with spaghetti, top with a layer of spaghetti/meat sauce, top with ricotta cheese mix, then top with spaghetti, top with spaghetti/meat sauce, top with ricotta cheese mix, top with spaghetti. Finally top with sauce and mozzarella cheese. Place in over at 350-400F for 25-30 minutes.