

*The ultimate in comfort food. This recipe is worth its weight in gold. I always make an extra pan to put in the freezer. As you will taste why.*

### ***15-Minute Lasagna x 3***

*To make Basic 15-minute Red Tomato Sauce proceed as follows*

*2 Tbsp olive oil*

*6 cloves of fresh garlic minced*

*1 small white onion, finely chopped*

*half of a can or about 190 grams tomato paste*

*spring water, half of tomato paste can x3*

*1/4 cup red wine, optional*

*To make simple tomato sauce in 15 minutes proceed as follows. Put the olive oil in a medium size sauté pan. Let the oil heat a bit. Then add onion and sauté about 6 minutes. Add the garlic and sauté about two minutes more. Add in the tomato paste and the water. Keep stirring until the sauce thickens a bit. Add in the red wine if you are using it. Stir through again and season with salt and pepper.*

*To make a 15-minute Lasagna x3 proceed as follows*

*you will need one recipe of the 15-minute tomato sauce which is listed above*

*one package of frozen spinach as little or as much as you like defrosted and well drained*

*1-2 cups of cooked and seasoned ground meat, if desired*

*2 cups of your favorite shredded melting cheese*

*1/4 cup of Parmesan Reggiano cheese*

*Lasagna sheets no boil*

*Take a rectangular pan and put a few drops of olive oil in the bottom. Then add a very small layer of tomato sauce. Then add the lasagna sheets to cover the bottom of the pan. Start to layer with tomato sauce, then meat, if using, then spinach, if using, then cheeses. Repeat layers ending with the cheese. Loosely cover your lasagna with foil to avoid it from browning too quickly.*

*At this point, you may triple wrap your lasagna and put it in a freezer zip lock bag. It can be stored in the freezer for near to three months.*

*Alternatively, place your lasagna in a preheated oven of 350F/180C to let the flavors marry for about 10 minutes or so. Then remove the top foil from your pan and let the cheese brown for no more than five minutes.*

*Buon Appetito.*

Red Tomato Sauce only  
Nutritional Content Information  
Servings 6  
Calories 75  
Protein 0g  
Carbs 5g  
Fat 0g

15-Minute Lasagna completed  
Nutritional Content Information  
Servings 6  
Calories 302  
Protein 17g  
Carbs 9g  
Fat 23g

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