

Black Bean Lasagna

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-black-bean-recipe>

Ingredients:

- 1 box lasagna noodles which you will need 12
- 1 onion small, diced
- 3 cloves garlic diced
- 16 ounces ricotta cheese
- 1/4 cup Parmesan cheese
- 8 ounces shredded mozzarella cheese divided
- 2 eggs
- 48 ounces spaghetti sauce I prefer to use Classico
- 15 ounces black beans rinsed
- parsley
- fresh basil
- salt
- pepper

Nutrition:

1. Calories: 840 calories
2. Carbohydrate: 76 grams
3. Cholesterol: 220 milligrams
4. Fat: 42 grams
5. Fiber: 19 grams
6. Protein: 44 grams
7. SaturatedFat: 22 grams
8. Sodium: 2590 milligrams
9. Sugar: 33 grams

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