

World's Greatest Lasagna Roll Ups

Yield: 18 min
Total Time: 110 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-sausage-roll-recipe-with-pizza-dough>

Ingredients:

- 1 pound italian sausage
- 1 pound lean ground beef I like 93/7
- 1 tablespoon extra-virgin olive oil
- 1/2 cup chopped onion
- 2 cloves garlic minced
- 1/2 cup water
- 15 ounces diced tomatoes I use flavored fire roasted with basil
- 16 ounces tomato sauce
- 8 ounces tomato sauce
- 1 1/2 teaspoons dried basil
- 1 teaspoon italian seasoning
- 1/4 teaspoon ground black pepper
- 4 tablespoons fresh parsley chopped
- lasagna noodles Uncooked
- 16 ounces ricotta cheese
- 1 egg
- 1/2 teaspoon salt
- mozzarella cheese sliced
- 3/4 cup parmesan reggiano grated

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 65 milligrams
4. Fat: 16 grams
5. Fiber: 2 grams
6. Protein: 15 grams

7. SaturatedFat: 7 grams
 8. Sodium: 520 milligrams
 9. Sugar: 4 grams
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