

# Lasagna Roll Ups

Yield: 12 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/lasagna-roll-ups-recipe-southern-living>

## Ingredients:

- 4 tablespoons olive oil divided
- 8 ounces lean ground beef
- 1/4 cup yellow onion finely chopped
- 28 ounces crushed tomatoes
- 3 cloves garlic minced
- 3 tablespoons fresh basil chopped, or 2 tsp dried basil\*, plus more for serving
- 1/2 teaspoon dried oregano
- salt
- freshly ground black pepper
- 15 ounces ricotta cheese
- 1 large egg
- 3 tablespoons fresh flat leaf parsley chopped, plus more for serving
- 2 1/2 cups mozzarella cheese freshly grated, divided
- 3/4 cup grated Parmesan cheese freshly, finely, divided
- 1/3 cup grated romano cheese freshly, finely
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 12 lasagna noodles uncooked

## Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 75 milligrams
4. Fat: 18 grams
5. Fiber: 1 grams
6. Protein: 18 grams
7. SaturatedFat: 9 grams
8. Sodium: 530 milligrams
9. Sugar: 1 grams

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