

# Canadian Moose Lasagna

Yield: 6 min  
Total Time: 95 min

Recipe from: <https://www.recipeschoose.com/recipes/moose-swiss-steak-recipe>

## Ingredients:

- 2 tablespoons olive oil
- 1 onion minced
- 2 cloves garlic minced
- 4 mushrooms sliced
- 1 bunch spinach washed and chopped
- 16 ounces ricotta cheese
- 1 pound moose ground
- 1/2 teaspoon unsweetened cocoa powder
- 1/2 teaspoon brown sugar
- 24 ounces spaghetti sauce
- 3/4 cup water
- 1 tablespoon dried oregano
- 1 tablespoon italian seasoning
- salt and ground black pepper to taste
- 9 ounces no boil lasagna noodles
- 1 1/2 cups shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 110 milligrams
4. Fat: 26 grams
5. Fiber: 6 grams
6. Protein: 37 grams
7. SaturatedFat: 12 grams
8. Sodium: 870 milligrams
9. Sugar: 12 grams

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