

# Lasagna Cupcakes Two Ways

Yield: 4 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-italian-beef-ragu>

## Ingredients:

- 1 pound lasagna noodles typically this is one box
- 1 tablespoon olive oil
- 1 1/2 pounds ground round Mom insists that ground round has just the right amount of fat for lasagna - not too much and not too little
- peppercorns ground, to taste, Mom likes the multi-colored ones
- garlic powder to taste
- onion powder to taste
- dried basil to taste
- oregano to taste
- 7 tomato sauce
- 2 pounds ragu
- 8 ounces part skim ricotta
- 1 pound shredded mozzarella cheese
- 1/4 cup Parmesan cheese

## Nutrition:

1. Calories: 1220 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 235 milligrams
4. Fat: 87 grams
5. Fiber: 9 grams
6. Protein: 68 grams
7. SaturatedFat: 42 grams
8. Sodium: 1920 milligrams
9. Sugar: 22 grams

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