

- RECIPES -

From the *Australian Healthy Cooking Guide*
www.milhamdietitians.com

Beef Lasagna

Serves 6

INGREDIENTS

Lasagna

canola or olive oil spray
1 medium onion, diced
2 cloves garlic, crushed
250g mushrooms, sliced
2 large carrots (135g), diced
2 medium zucchini, chopped
1 red capsicum, diced
425g can tomato soup
1 cup of fat-free Basic Beef Stock →
1 teaspoon dried basil
1 teaspoon dried oregano
360g low-fat beef mince
12 instant lasagna sheets
2 tablespoons chopped fresh parsley

White Sauce

1 tablespoon cornflour
250ml skim milk
80g reduced-fat cheddar cheese
1 tablespoon grated parmesan cheese

Basic Beef Stock

Makes 2 Litres
500g chicken or beef bones
1 large onion, roughly chopped
1 large carrot, roughly chopped
2 sticks celery, including the tops, diced
1 turnip, roughly chopped
2 litres cold water
6 black peppercorns
2 bay leaves
Put all of the ingredients into a large pot and slowly bring it to the boil. Simmer the stock for 2 to 3 hours, removing any scum that rises to the surface. Strain the stock and allow the liquid to cool. Place in the refrigerator overnight. Remove any fat off the top the next day.

DIRECTIONS

1. Preheat oven to 180°C. Spray a non-stick pan with spray oil, add the onions and garlic, cook over a medium heat until browned. Add the remaining vegetables and cook until just browned.
2. Add the tomato soup, stock, herbs and mince. Stir well. Bring to the boil, reduce heat and simmer for 30 minutes.
3. While the meat sauce is simmering, make the white sauce. Blend the cornflour with 2 tablespoons of milk to make a thick paste. Heat the remaining milk in a saucepan. Gradually add the cornflour paste to the skim milk, stirring constantly until the sauce boils and thickens. Add the cheese and cook until it melts.
4. Assemble the lasagna by starting with $\frac{1}{3}$ of the meat sauce, top with lasagna sheets and $\frac{1}{3}$ of the white sauce.



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5. Continue layering until all of the ingredients are used. Finish with the cheese sauce. Sprinkle with a tablespoon of parmesan and chopped parsley.
6. Bake for 35–40 minutes or until the lasagna sheets are soft and the sauce is golden.

PER SERVE

KJ (cal) 1493 (357)

Fat 8.4g

Saturated Fat 4.0g

Carbohydrate 43.0g

Protein 25.2g

Sodium 795mg

Fibre 5.4g

chooz to looz Program

1 serve = 1 meat exchanges,

2 starchy vegetable/bread exchanges

and 1 milk exchange



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