

# Abeba's Lasagna Recipe

**Ingredients:** Onion, celery, carrots, garlic, ground beef, tomato sauce, tomato paste, oregano, mozzarella (1# whole milk in one piece is better than grated), lasagna noodles. For béchamel, need flour, butter and milk. Salt and pepper.

## For the meat sauce:

1 Onion, 2 ribs celery, 2 carrots, 2 cloves garlic, 2# ground beef, 2 (28 oz) large cans of tomato sauce, 2 tiny cans of tomato paste, oregano, salt, pepper, sugar,

Sauté 1 chopped onion, 2 ribs celery and 2 carrots until onion is translucent. You can add the oregano at this point, then add the garlic and sauté for about a minute. Add 2 pounds of ground meat and stir to break it down into smaller pieces. Once the meat is just done, add the tomato sauce and paste, then simmer for 30 minutes. If you do not have tomato paste, you can add up to a tablespoon of sugar. After 30 minutes, add salt, pepper to taste.

At this point you can start the water for the noodles and begin the béchamel.

## For the béchamel:

2 T. flour, 2 T butter, 2 cups milk: can be done on stovetop or microwave. Melt butter and flour together on med low heat, slowly add the milk and stir with a whisk to smooth out lumps. This may take about 10 minutes to get to hot enough to thicken which is what you want. Once it starts to bubble, you're done.

For the cheese, you can either use slices for the layering and reserve some cheese to grate for the top or you can grate the whole thing and use for laying and top – your call.

## Assembly:

Spray or grease oblong pan. Add a small amount of sauce to the bottom of the pan then layer:

Noodles  
Sauce  
Cheese  
Noodles  
Sauce  
Béchamel  
Noodles  
Sauce  
Cheese (top later is grated cheese)

Typically, there are 3 noodles to each layer but if you like more noodle, go for it.

## Bake:

Cover with foil and bake at 350 for 30 minutes (this will be less if your sauce is warm, more if you refrigerated your sauce), then remove the foil and bake until the cheese is melted, and the sauce is bubbling on the sides.

Love, Napina (as Abeba called me)