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Below, I'll provide two delicious meat lasagna recipes. The first is a classic Italian-American version with ground beef and ricotta, and the second is a variation with Italian sausage and spinach for a bit of a twist. Both serve about 8 people and take around 1.5-2 hours total (including baking time). Feel free to adjust seasonings to taste!

Recipe 1: Classic Beef Lasagna

Ingredients:

- **For the meat sauce:**

1. 1 lb ground beef
2. 1 onion, finely chopped
3. 2 garlic cloves, minced
4. 1 (28 oz) can crushed tomatoes

5. 1 (6 oz) can tomato paste
6. 1 (15 oz) can tomato sauce
7. 1/2 cup water
8. 2 tbsp sugar
9. 1 tsp dried basil
10. 1 tsp dried oregano
11. Salt and pepper to taste
12. 2 tbsp olive oil
13. **For the cheese filling:**
14. 15 oz ricotta cheese
15. 1 egg
16. 1/4 cup grated Parmesan cheese
17. 2 cups shredded mozzarella cheese (divided)

18. 1/4 cup fresh parsley, chopped

19. **Other:**

20. 12 lasagna noodles (cooked according to package instructions)

21. Additional 1 cup shredded mozzarella for topping

Instructions:

22. **Make the meat sauce:** In a large pot, heat olive oil over medium heat. Add onion and garlic; sauté until softened (about 5 minutes). Add ground beef and cook until browned, breaking it up with a spoon. Drain excess fat. Stir in crushed tomatoes, tomato paste, tomato sauce, water, sugar, basil, oregano, salt, and pepper. Simmer on low for 30-45 minutes, stirring occasionally.

23. **Prepare the cheese filling:** In a bowl, mix ricotta, egg, Parmesan, 1 cup mozzarella, and parsley until well combined.

24. **Assemble the lasagna:** Preheat oven to 375°F (190°C). In a 9x13-inch baking dish, spread a thin layer of meat sauce. Layer 4 noodles, then 1/3 of the ricotta mixture, 1/3 of the remaining meat sauce, and a sprinkle of mozzarella. Repeat layers twice more, ending with noodles topped with remaining sauce and the extra cup of mozzarella.

25. **Bake:** Cover with foil and bake for 25 minutes. Remove foil and bake another 25 minutes until bubbly and golden. Let rest for 15 minutes before slicing.

Recipe 2: Sausage and Spinach Lasagna

Ingredients:

26. **For the meat sauce:**

27. 1 lb Italian sausage (mild or spicy, casings removed)

28. 1 onion, finely chopped

29. 3 garlic cloves, minced

30. 1 (28 oz) can diced tomatoes

31. 1 (15 oz) can tomato sauce

32. 1 tsp fennel seeds (optional, for extra flavor)

33. Salt and pepper to taste

34. 2 tbsp olive oil

35. **For the cheese filling:**

36. 10 oz frozen spinach, thawed and squeezed dry

37. 15 oz ricotta cheese
38. 1 egg
39. 1/2 cup grated Parmesan cheese
40. 2 cups shredded mozzarella cheese (divided)
41. **Other:**
42. 12 lasagna noodles (cooked according to package instructions)
43. Additional 1 cup shredded mozzarella for topping

Instructions:

44. **Make the meat sauce:** Heat olive oil in a large skillet over medium heat. Add onion and garlic; sauté for 3-4 minutes. Add sausage and cook until browned, breaking it up. Stir in diced tomatoes, tomato sauce, fennel seeds (if using), salt, and pepper. Simmer for 20-30 minutes.
45. **Prepare the cheese filling:** In a bowl, combine ricotta, egg, Parmesan, 1 cup mozzarella, and spinach. Mix well.
46. **Assemble the lasagna:** Preheat oven to 375°F (190°C). In a 9x13-inch baking dish, spread a layer of meat sauce. Add 4 noodles, then 1/3 of the spinach-ricotta mixture, and 1/3 of the remaining sauce. Repeat layers twice, finishing with noodles, sauce, and

the extra cup of mozzarella on top.

47. **Bake:** Cover with foil and bake for 30 minutes. Uncover and bake for another 20-25 minutes until the cheese is melted and browned. Let it cool for 10-15 minutes before serving.

These recipes are hearty and freezer-friendly—assemble and freeze before baking for easy meals later. Enjoy, and if you have any dietary tweaks (e.g., gluten-free noodles), let me know!

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