



## Recipes Utilizing Canned Ingredients

### The Last Lasagna

**Time to the Table:** 1 hour

**Yield:** 15-18 servings

**Preheat the Oven to 350F**

#### For the Sauce You'll Need

- 1 pound spicy Italian sausage
- 1 onion, chopped
- 4 garlic cloves, minced
- 1 large can whole tomatoes (approximately 28 ounces)
- 1 medium can tomato sauce (approximately 15 ounces)
- Salt and pepper to taste
- 1 to 2 bay leaves
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 pinch cayenne
- ½ cup red wine

#### For the Ricotta Cheese Mix You'll Need

- 1, 16-ounce container of ricotta cheese
- 1 large egg
- ¼ cup Parmesan cheese, grated
- Salt and pepper to taste
- 1 teaspoon dried oregano
- 12 lasagna noodles
- 1 pound whole milk Mozzarella cheese, grated

#### Directions: Make the Sauce

- In a large frying pan, cook the Italian sausage over medium heat with the chopped onions and minced garlic.
- After it's brown, add the whole tomatoes and tomato sauce right into the frying pan. Cut up the whole tomatoes into bite sized pieces. Add the bay leaves, oregano, basil, and cayenne. Throw in a half-cup of red wine. Simmer for at least 10 minutes. Taste and adjust seasonings.
- When you think you've got it, let it sit and simmer on low heat for a while, because it only gets better as it cooks.

*While the sauce is bubbling its way into its various stages of perfection, continue below*



### Make the Ricotta Mix

- In a large bowl, mix the ricotta, egg, Parmesan, salt, pepper, and oregano.

### Prepare Noodles

- Boil 12 lasagna noodles in a pan of salty water and a splash of olive oil.

### In a Standard Lasagna Pan

Place the pasta on the bottom layer. Spread a third of the ricotta mix onto the pasta. Spread a third of the sauce on the ricotta mix. Sprinkle a third of the mozzarella onto the sauce. Repeat the process for the remaining ingredients.

### Into the Oven

Bake for 45 minutes – you'll smell it when it is getting close. When it's crisping a bit on the top and bubbling up on the sides pull it out. Allow another 30 minutes for it to cool and set.

### Health Tips

- This meal is perfect with salad, fresh bread, and some red wine – the whole package. You'll notice that this ends up being a lot of food. So it's a great example of a meal that needs small portions. Serve yourself on smaller plates to help with the amount you initially serve yourself.
- This lasagna can be prepared ahead of time and can be frozen into individual portions so that you can have a quickly prepared dinner or lunch when needed.



## Easy Black Bean Salsa

This is a recipe that can be prepared in a short amount of time. You can always use the beginning as a base and build on it in order to create a quick meal. To absorb the iron out of the beans you must consume them with a food source that contains Vitamin C. That is why it is helpful to top your salsa with some lime juice.

### You'll Need:

- 1-14 .5 oz. can black beans, drained (or use black beans that have been cooked from the dried state)
- 1-14.5 oz can corn drained (or use fresh corn)
- 1-12 oz. jar salsa
- ¼ cup cilantro, chopped
- 1 ½ Tbsp fresh lime juice

### Directions:

- Mix all of the above together and use this as your base.

Serve on top of a salad, baked potato or corn chips or serve, in a wrap, in a taco shell.

### Variations:

- Add some chopped vegetables or fruit such as bell pepper, carrots, yellow onion, red onion, green onion, avocado, or tomato.
- Add some cooked chicken or fish or shrimp.
- Add a chopped chili or jalapeno for a spicy flavor. Or add some chili powder.



## Jazzed up Garbanzo Beans

### You'll Need:

- 1 green chili (deseeded and finely chopped)
- 2 garlic cloves (finely chopped)
- 1 medium yellow onion (chopped)
- 2 Tablespoons Olive oil
- ¼ teaspoon ground ginger
- ½ teaspoon chili powder
- ½ teaspoon cumin
- ½ teaspoon ground coriander
- ½ Tablespoon lemon juice
- 1 can of garbanzo beans (save 1/3 cup of liquid from the can, drain the rest)

### Directions:

- Place the olive oil in a pan that can be covered.
- Saute the onion, until slightly browned.
- Add the chili, garbanzo beans, garlic, ginger, chili powder, cumin and coriander.
- Cook for approximately 2 minutes.
- Next add the liquid from the canned garbanzo beans cover and simmer for about 10 minutes.
- Remove from heat, add the lemon juice and serve.