

Zesty Bean and Beef Lasagna



Nutrition Facts

Per serving (2.5" x 3" slice)

Amount Per Serving

Calories 219 Calories from Fat 85
% Daily Value

Fat 9 g **15%**

Saturated Fat 5 g 25%

Trans Fat 0 g

Polyunsaturated Fat 0 g

Monounsaturated Fat 3 g

Cholesterol 34 mg **11%**

Sodium 457 mg **19%**

Potassium 353 mg **10%**

Total Carbohydrate 18 g **6%**

Dietary Fibre 3 g 12%

Sugars 3 g

Protein 15 g

Vitamin A 13% Vitamin C 8%

Calcium 19% Iron 11%

Thiamin 14% Riboflavin 14%

Niacin 13% Vitamin B6 8%

Folate 16% Vitamin B12 12%

Phosphorous 21% Zinc 14%



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STEP INSTRUCTIONS

- 1 Cook lean ground beef in tilt fry pan or steam jacketed kettle until internal temperature reaches 70°C (158°F).
Drain well, rinse with hot water to remove excess fat.
- 2 Add ingredients listed in Step 2 to cooked and drained lean ground beef in mixer and mix until ingredients are well combined.
- 3 Drain and rinse black beans and kidney beans.
Add black beans and kidney beans to step 2 mixture in mixing bowl. Mix until just combined.
- 4 Spread 1 L of the bean and meat sauce mixture on the bottom of each sprayed full size shallow insert pan. Lay 8 raw oven ready lasagna noodles over bean and meat layer. Repeat until you have 3 layers of bean and meat sauce and 2 layers of noodles. Ensure that the last layer on top of the pan is bean and meat sauce.
- 5 Sprinkle cheese evenly over last layer. Use 800 g for each full size insert. Bake at 275°F for 45 minutes or until internal temperature has reached 165°F. Use 8 x 4 cut for each insert.

NOTES:

This product can be frozen baked or unbaked.

Substitution of pulses may occur. Prepare pulses as recommended on pages 9 and 10 of the Pulse Potential manual.

Re-heat to 74°C (165°F) in an oven, or smaller portions in a microwave (ensure even temperature distribution).

Please Note: In the 50 servings column the cups, tbsp, and tsp measures are rounded for convenience. Please refer to the bracketed amounts for a closer representation of the nutrition panel.

NUMBER OF SERVINGS

STEP	INGREDIENTS	50	100	250	500
1	Ground Beef, Lean, Raw	2 lbs (870g)	2.6 kg	7 kg	14 kg
2	Tomato Sauce	3 ¼ cups (800mL)	2.4 L	6.4 L	12.8 L
	Tomato Paste	½ cup (140mL)	0.4 L	1.12 L	2.24 L
	Tomato Juice	⅔ cup (160mL)	0.45 L	1.28 L	2.6 L
	Stems & Pieces Mushrooms, Canned	1 ¼ cups (300mL)	0.9 L	2.4 L	4.8 L
	Ground Black Pepper	½ tsp (3mL)	3 g	8 g	8.52 L
	Minced Garlic	1 tsp (5mL)	5 g	13 g	8.52 L
	Oregano	1 ½ tsp (7mL)	6 g	16 g	16 g
	Basil	½ tsp (3mL)	3 g	8 g	27 g
	Salt	1 tsp (5mL)	18 g	48 g	32 g
	Yellow Onions, Small Dice	¾ cup (200mL)	400 g	1 kg	16 g
	Green Peppers, Small Dice	⅓ cup (80mL)	15 g	400 g	90 g
	Parmesan Cheese	¾ cup (180mL)	215 g	575 g	2 kg
	Cottage Cheese, Dry Curd	1 ¼ cups (300mL)	50 g	1.4 kg	800 g
3	Black Beans, Canned	1-19 oz can (540mL)	1.6 L	4.3 L	1.15 kg
	Red Kidney Beans, Canned	1-19 oz can (540mL)	1.6 L	4.3 L	2.7 kg
4	Oven Ready Lasagna Noodles	¾ lb (340g)	1 kg	2.7 kg	5.4 kg
5	Mozzarella Cheese, Shredded	6 ½ cups (800g)	2.4 kg	6.4 kg	13 kg

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