

Broken Lasagna

Prep time: 10 mins | Cook time: 8 hours

Servings: 5-10 | Yields: 10 cups

INGREDIENTS

8 pieces of ready-to-cook whole wheat

lasagna noodles (broken into pieces)

1 lb lean hamburger

½ cup TVP (textured vegetable protein)

2 bottles any pasta sauce (low sodium)

1 tbs Italian seasoning

1 onion (diced)

1 pkg. mushrooms (diced)

3 cups sweet peppers, diced

(green, red and yellow)

METHOD

1. Combine all ingredients in your slow cooker.

2. Cook on low for 8 hours.

3. Optional: add shredded cheese in the last 20 minutes of cooking.

Recipe from Nadine Bernard's cookbook: Slow Cooked Dreams

