

## Make a delicious Lasagna Bolognese



Lasagna bolognese is a classic dish of Italian cuisine that has conquered the palates of people around the world.

With layers of pasta interspersed with meat sauce and melted cheese, this delight is a perfect option for a special lunch or dinner.

Let's go to the ingredients of the recipe?

## Ingredients

- 500g of pasta for lasagna
- 500g of ground beef
- 1 chopped onion
- 2 minced garlic cloves
- 1 can of tomato sauce
- 200g grated mozzarella cheese
- 200g grated parmesan cheese
- Olive oil, salt and pepper to taste

## Method of preparation:

1. Heat a pan with a drizzle of olive oil and sauté the onion and garlic until golden.
2. Add the ground beef and season with salt and pepper. Cook until completely golden.
3. Add the tomato sauce to the ground beef and cook for a few more minutes.
4. In a large pot, boil salted water and cook the lasagna noodles according to package directions.
5. In a refractory, make alternating layers of pasta, meat sauce and mozzarella cheese. Repeat this process until you run out of ingredients.
6. Finish the last layer with grated Parmesan cheese.
7. Bake in a preheated oven at 180°C for approximately 30 minutes or until the cheese is melted and golden.

## Variations

Lasagna Bolognese can be adapted in a variety of ways to suit individual tastes. Some popular variations include:

- Add vegetables like spinach, zucchini or eggplant between the layers;
- Swap beef for ground chicken or turkey;
- Include a bechamel sauce between the layers to make the lasagna more creamy;
- Use different types of cheese, such as cheddar or gorgonzola, to give the dish a special touch.

## Tips

Here are some tips to make your lasagna Bolognese even tastier:

- Cook the lasagna pasta al dente, so that it doesn't get too soft after the cooking time in the oven;
- Let the lasagna rest for a few minutes before serving, so that the layers firm up and it is easier to cut;
- Serve the lasagna with a fresh green salad as a side dish, to balance the flavors and



bring more lightness to the meal.

## Conclusion

Lasagna bolognese is a classic and delicious dish that can be enjoyed on many occasions.

With its combination of pasta, meat sauce and melted cheese, this gastronomic temptation is hard to resist. Whether for a family lunch or a special dinner, Lasagna Bolognese will always be a hit.

Take advantage of this recipe and experiment with different variations to make the dish even more personalized to your taste. Bon appetit!

## Extra

Watch the video below for a super cool Bolognese lasagna recipe!

Enjoy and download the free pdf of this recipe!

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