



Stovetop Lasagna

This is one of our favorite Italian dishes! Sometimes we like to skip the zoodles and all the slicing and dicing and just make this simple Lasagna instead. There are lots of ways to make it your own based on the cheeses and spices your family likes.

Here are the Ingredients You'll Need:

- 1lb Ground Beef
- Pasta Sauce (we love Rao's!)
- 1/2 lb sliced deli Turkey or chicken
- Mozzarella Cheese

Optional:

- Ricotta or cheese
- Spinach sautéed in butter
- Italian Seasoning (we love Daks)



Recipe:

- Cook Ground beef in skillet, mix together with pasta Sauce (you can do this all the same pan...we prefer to pull it out and mix it in a separate bowl).
- Start with a thin layer of sauce in bottom of the skillet
- Layer of deli chicken or turkey, meat & sauce, then cheese
- Repeat!

Heat in skillet on low for 10-15 min with lid on. Easy!

The Keto Dad Tips:

- This is a super easy dish to feed 1 or 10!
- Makes great leftovers!

Serves: 5

Macros: Fat 34g, Carbs 6g, Fiber 1g, (Net Carbs 5) Protein 33g

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