

American Lasagna Recipe

INGREDIENTS

- 1 ½ pounds ground beef
- 1 onion
- 2 garlic cloves
- 1 tablespoon chopped basil
- 1 teaspoon dried oregano
- 2 tablespoons brown sugar
- 1 ½ teaspoons salt
- 1 can diced tomatoes
- 2 cans tomato paste
- 2 eggs
- ½ cup grated parmesan
- 12 lasagna noodles

DIRECTIONS

1. In a skillet over medium heat, brown ground beef, onion and garlic; drain fat. Mix in basil, oregano, brown sugar, 1 1/2 teaspoons salt, diced tomatoes and tomato paste. Simmer for 30 to 45 minutes, stirring occasionally.
2. Preheat oven to 375 degrees F (190 degrees C). Bring a large pot of lightly salted water to a boil. Add lasagna noodles, and cook for 5 to 8 minutes, or until al dente; drain. Lay noodles flat on towels, and blot dry.
3. In a medium bowl, mix together eggs, ricotta, Parmesan cheese, parsley and 1 teaspoon salt.
4. Layer 1/3 of the lasagna noodles in the bottom of a 9x13 inch baking dish. Cover noodles with 1/2 ricotta mixture, 1/2 of the mozzarella cheese and 1/3 of the sauce. Repeat. Top with remaining noodles and sauce. Sprinkle additional Parmesan cheese over the top.
5. Bake in the preheated oven 30 minutes. Let stand 10 minutes before serving.

ORIGIN OF INGREDIENTS

- Ground Beef- Cattle was domesticated around 8,000 BCE in what is now present-day India.
- Onion- The onion was first cultivated in Central Asia.
- Garlic- Garlic was first cultivated in India.
- Basil- It is believed that basil was first cultivated in Iran or India and then spread to Europe through Italy.
- Oregano- Oregano was first cultivated in ancient Greece where they used it more for its medicinal purposes and for spiritual purposes. Its name is derived from the Greek phrase “joy of the mountains”.
- Brown Sugar- Sugar Cane was first cultivated in southwest Asia and then spread to Mediterranean and Middle East in the 12th century.

- Salt- Salt can be traced back to Solnitsata, the earliest European city that was built around a salt factory, which was in present day Bulgaria.
- Tomatoes- The tomato can be traced back to the Aztecs around 700 A.D. and maybe earlier in South America.
- Eggs- Southeast Asia
- Parmesan- Parma, Italy was the origin of Parmesan cheese in the 11th century.
- Noodles- The noodle originated in China around 4,000 years ago.