

# Lasagna Roll Ups

Individual lasagna roll ups with ricotta, ground beef and marinara sauce. Perfect for portion control and entertaining. Easy make-ahead dinner recipe.

25 min

PREP

35 min

COOK

1h

TOTAL

6

SERVINGS

Medium

DIFFICULTY

## Ingredients

- 12 Lasagne
- 1 lb ground beef
- 2 cup ricotta cheese
- 2 cup mozzarella cheese
- 1 cup parmesan cheese
- 1 egg
- 2 tbsp basil
- 2 tbsp parsley
- 1 tsp oregano
- 1 tsp salt
- 1 tsp black pepper
- 2 cup marinara sauce

## Instructions

### 1 Prepare for cooking

Preheat oven to 375°F (190°C). Grease a 9x13-inch baking dish with cooking spray or oil.

### 2 Cook the pasta

Bring a large pot of salted water to a boil. Cook 12 lasagna noodles according to package directions until al dente, about 8-10 minutes. Drain and lay flat on a clean kitchen towel or parchment paper to prevent sticking.

### 3 **Brown the meat**

Heat a large skillet over medium-high heat. Add 1 pound ground beef and cook, breaking it up with a spoon, until browned and no pink remains, about 6-8 minutes. Drain excess fat.

### 4 **Make cheese filling**

In a large bowl, combine 2 cups ricotta cheese, 1 cup mozzarella cheese, 1 egg, 2 tablespoons fresh basil, 2 tablespoons fresh parsley, 1 teaspoon dried oregano, 1 teaspoon salt, and 1 teaspoon black pepper. Mix until well combined.

5 Add the cooked ground beef to the cheese mixture and stir until evenly distributed.

### 6 **Assemble roll-ups**

Spread about 1/3 cup of the beef and cheese mixture evenly along the length of each lasagna noodle, leaving a 1/2-inch border on all sides.

7 Starting from one short end, tightly roll each noodle into a spiral. Place each roll seam-side down in the prepared baking dish.

### 8 **Add sauce and cheese**

Pour 2 cups marinara sauce evenly over the roll-ups, ensuring all are covered. Sprinkle the remaining 1 cup mozzarella cheese over the top.

### 9 **Bake**

Cover tightly with aluminum foil and bake for 25 minutes. Remove foil and continue baking until cheese is melted and lightly golden, about 10-15 minutes more.

### 10 **Rest and serve**

Let stand for 5 minutes before serving to allow filling to set. Serve warm.

## Tips

Cook lasagna noodles just until al dente and immediately lay them flat on a clean surface to prevent sticking. They'll finish cooking in the oven, so slight undercooking prevents mushy roll ups.

Don't overfill the noodles with filling - use about 1/3 cup per noodle and leave borders on all sides. Too much filling makes rolling difficult and can cause leakage during baking.

Roll the noodles tightly but gently, starting from one end and tucking in the filling as you go. Place seam-side down in the baking dish to prevent unrolling.

Let the roll ups rest for 10-15 minutes after baking before serving. This allows the cheese to set slightly and makes them easier to plate without falling apart.

For extra flavor, sauté some minced garlic with the ground beef, or add a layer of fresh spinach leaves before rolling for added nutrition and color.

Cover with foil during the first part of baking to prevent the top from browning too quickly, then remove foil for the last 10-15 minutes to achieve a golden, bubbly top.

Make assembly easier by setting up an assembly line with cooked noodles, filling, and sauce. This streamlines the process when making multiple roll ups.

For meal prep, assemble roll ups in individual freezer-safe containers with sauce and freeze for up to 3 months. Thaw overnight and bake as directed, adding extra time if needed.