Ingredients:

- 1 pound lean ground beef
- 1/2 onion, chopped
- 2 teaspoons minced garlic
- 1 (26 ounce) can spaghetti sauce
- ½ the spaghetti can of water
- 1 teaspoon dried oregano
- 1 teaspoon Italian seasoning
- 1 teaspoon dried parsley
- 1 (12 ounce) package lasagna noodles oven ready or no boil
- 1 egg
- 12 ounces ricotta cheese
- 1/2 cup grated Parmesan cheese
- 8 ounces shredded mozzarella cheese

Directions:

1. In a large skillet over medium heat cook the ground beef, onion, and garlic until brown. Add the spaghetti sauce, ½ can of water, Italian seasoning, parsley, and oregano and stir until well incorporated. Cook until heated through.
2. In a large bowl mix together egg, ricotta cheese, grated Parmesan cheese, and ¾ shredded mozzarella cheese.
3. Spray crock pot with non stick spray. Spoon a layer of the meat mixture onto the bottom of the slow cooker. Add a double layer of the uncooked lasagna noodles. Break to fit noodles into slow cooker. Top noodles with a portion of the cheese mixture. Repeat the layering of sauce, noodles, and cheese until all the ingredients are used.
4. Cover, and cook on LOW setting for 4 to 6 hours.

Serves 12

Nutrition information:
Calories: 332, Total Fat: 12.6 g, Sodium: 484.6 mg, Total Carbohydrate: 28.3 gm, Fiber: 2.6 gm, Protein: 25.5 gm, Calcium: 30 %, Iron: 16 %