



**GREEN  
CHEF**

## NOODLE-LESS BEEF LASAGNA SKILLET

*mushrooms, zucchini, mozzarella, Parmesan*

### COOK TIME

25 MIN

### SERVINGS

2

### CALORIES PER SERVING

580

### NET CARBS PER SERVING

15 GRAMS

### MENU

KETO // GLUTEN-FREE // FAST & FIT

Lasagna on a weeknight is not only possible, it's actually quite easy. No pre-boiling noodles (there are none!) and no fussy layering required. This one-skillet lasagna simmers savory ground beef and mushrooms with zucchini and Italian seasoning in a quick tomato sauce. It's then topped with a blend of mozzarella and Parmesan cheeses, which turn melty and gooey in the oven.

### INGREDIENTS (10 ITEMS)

4 oz **Cremini mushrooms**  
1 whole **Yellow onion**  
1 whole **Zucchini**  
2 oz **Mozzarella cheese** M  
1 oz **Parmesan cheese** M  
½ tsp **Crushed red pepper flakes**  
10 oz **Ground beef\***  
1 tsp **Italian herb & red pepper blend**  
1½ oz **Tomato paste**  
2¾ oz **Diced tomatoes**

### WHAT YOU'LL NEED

large oven-safe sauté pan  
small bowl  
measuring cup & spoons  
oven mitt  
cooking oil  
salt & pepper

### ALLERGENS

M MILK



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

\*Ground beef is fully cooked when it's no longer pink.

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat. Consuming raw or undercooked meat may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

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## PREP

- Preheat oven to 425 degrees.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ¼ inch thick.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Trim ends off **zucchini**; discard. Quarter lengthwise. Lay flat and slice across into quarter-moons, about ¼ inch thick.

COOKING FOR  
4

*If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.*

2

## MIX CHEESE

- Add **mozzarella cheese**, **Parmesan cheese**, and **crushed red pepper flakes** to taste (or omit) to a small bowl. Stir to combine. Set aside.

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## START SKILLET

- Heat 1 tablespoon cooking oil in a large oven-safe sauté pan over medium heat. Add **ground beef**, **mushrooms**, and **onion** to hot pan. Season with **Italian herb and red pepper blend**, ¼ teaspoon salt, and a pinch of pepper. Cook 2-3 minutes, or until lightly browned, breaking up **beef** into pieces.
- Add **zucchini**. Cook 2-3 minutes, or until zucchini is just tender, stirring occasionally.

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## ADD TOMATOES

- Add **tomato paste**. Stir to combine. Cook 1-2 minutes, or until beef and veggies are coated, stirring occasionally.
- Add **diced tomatoes** and ½ cup water. Cook 2-3 minutes, or until mostly thickened and beef is fully cooked, stirring occasionally. Remove from heat. Season with salt and pepper to taste.

5

## FINISH SKILLET

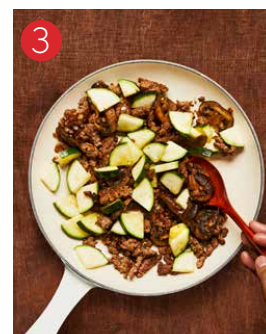
- Evenly sprinkle pan with **cheese mixture**. Transfer pan to oven. Bake 2-3 minutes, or until cheese melts.\*

*\*To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.*

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## PLATE YOUR DISH

- Divide **noodle-less beef lasagna skillet** between bowls. Enjoy!





# Nutrition Facts

2 Servings per container

Serving size (462g)

Amount per serving

Calories 580

|                          | % Daily Value* |
|--------------------------|----------------|
| Total Fat 39g            | 50%            |
| Saturated Fat 15g        | 75%            |
| Trans Fat 1g             |                |
| Cholesterol 130mg        | 43%            |
| Sodium 870mg             | 38%            |
| Total Carbohydrate 19g   | 7%             |
| Dietary Fiber 4g         | 14%            |
| Total Sugars 9g          |                |
| Includes 0g Added Sugars | 0%             |
| Protein 42g              |                |
| Vitamin D 0mcg           | 0%             |
| Calcium 442mg            | 35%            |
| Iron 4mg                 | 20%            |
| Potassium 1339mg         | 30%            |

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## All ingredients in this recipe:

Ground Beef [beef], Cremini Mushrooms, Tomato Paste [tomato paste, citric acid], Diced Tomatoes [organic tomatoes, organic tomato juice, sea salt, calcium chloride, citric acid], Mozzarella Cheese [part-skim milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], Parmesan Cheese [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], Yellow Onion, Zucchini, Crushed Red Pepper Flakes, Italian Herb & Red Pepper Blend (Granulated Garlic, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Crushed Red Pepper Flakes, Onion Powder)

## Allergen information:

Contains Milk

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.