

# Slow Cooker Zucchini Lasagna with Meat Sauce



Serves 6

Ingredients:

- 4 small zucchinis, ends removed
- 1 pound cooked ground meat or chopped meatballs
- $\frac{1}{2}$  cup of your favorite low-carb pasta sauce\*
- 8 ounces shredded mozzarella cheese (about 2 cups), divided
- 1 (15 ounce) container of ricotta cheese
- $\frac{1}{2}$  cup Parmesan cheese, freshly grated
- 2 large eggs

Adapted from [TheFamilyFreezer.com](http://TheFamilyFreezer.com)

- 1 tablespoon dried parsley flakes
- 1 teaspoon salt
- 1/2 teaspoon cracked black pepper

#### Instructions:

1. Thinly slice (unpeeled) zucchini length-wise into thin strips, like lasagna noodles. It's easier to do this with a mandolin, but a large knife works as well.
2. Create cheese filling by combining 1 cup mozzarella cheese, ricotta cheese, Parmesan cheese, eggs, parsley flakes, salt, and pepper.
3. Create a layer of zucchini at the bottom of your slow cooker.
4. Top zucchini with a rounded 1/2 cup of cheese filling, 1 cup meat, and 1-3 tablespoons sauce.
5. Continue layering zucchini, cheese, meat, and sauce until you only have enough zucchini left for top layer.
6. Before adding the top layer of zucchini, add remaining sauce, meat, and cheese.
7. Top with zucchini and remaining 1 cup of mozzarella cheese.
8. Cover, and cook on low for 6-8 hours.
9. Turn off slow cooker and let rest for at least 30 minutes to allow juices to set.

#### Note:

\*To make your own sauce, blend canned tomato puree, minced garlic and onion, olive oil, basil, and Parmesan cheese.

Nutrition per serving: Calories 466; Total Fat 32.1 g; Saturated Fat 17.3 g; Monounsaturated Fat 10.6 g; Polyunsaturated Fat 1.4 g; Total Carbohydrates 8.6 g; Dietary Fiber 1.3 g; Sugar Alcohols 0.1 g; Sugars 5.7 g; Protein 35.5 g; Sodium 999 mg

