



Garden Veggie Lasagna

ingredients | 2 person (4 person)

Put away the chopping block. All your freeze dried ingredients are ready for cooking!

grab from your box

Lasagna Noodles | 6 (12)

Veggie Mix #1

Zucchini | 2 Tbsp. (¼ cup)

Spinach | ¼ cup (½)

Cauliflower | ¼ cup (½)

Mushrooms | ¼ cup (½)

Broccoli | ¼ cup (½)

Basil | ½ tsp. (1)

Cream Sauce Mix

Béchamel Sauce Mix | ½ cup (1)

Parmesan Cheese | ⅓ cup (¾)

Veggie Mix #2

Tomatoes | 2 Tbsp. (¼ cup)

Onion Slices | ¼ cup (½)

Red Bell Peppers | ¼ cup (½)

Green Bell Peppers | ¼ cup (½)

Seasoning Blend

Garlic | ½ Tbsp. (1)

Chef's Choice Seasoning | ½ tsp. (1)

Tomato Sauce Mix | ¼ cup (½)

Mozzarella Cheese | ½ cup (1)

Italian Seasoning | ½ Tbsp. (1)

grab from your pantry

Black Pepper | ¼ tsp. (½)

Salt | ⅓ tsp. (¼)

Cholula Hot Sauce (optional) | ¼ tsp. (½)

35
minutes

vegetarian
allergens:
Dairy, Wheat
Pantry items not included

530 CALS / FATS 17G / PROTEIN 27G / SODIUM 1420MG

THRIVE
LIFE

kitchen gadgets: 3 medium sauce pots, strainer, bread pan (use a 9x9 pan in step 5 if making for 4 people).



1 *Cooking for 4:* Measurements for a four (4) person meal are in parentheses.

Refresh the **mozzarella cheese** by combining it with 2 tablespoons ($\frac{1}{4}$ cup) of **water** in a small container with a lid. Tumble and set aside. Allow to soften by tumbling every few minutes.



2 Fill a wide pot with 6 (8) cups of water and bring to a boil. Add the **lasagna noodles** and cook for 10 minutes or until tender, stirring frequently. Strain and slightly cool with cold water, then set aside.



3 While pasta is cooking, in a medium sauce pot add 2 (4) cups of **water** with **veggie mix #1**, **basil**, $\frac{1}{4}$ ($\frac{1}{2}$) teaspoon **black pepper**, $\frac{1}{8}$ ($\frac{1}{4}$) teaspoon **salt**, and $\frac{1}{4}$ ($\frac{1}{2}$) teaspoon **Cholula hot sauce** (optional) and bring to a boil. Once at a boil, add the **cream sauce mix** and let simmer for an additional 2 minutes or until thickened. Pull off heat and set aside.



4 In another medium sauce pot, add 2 ($3 \frac{1}{2}$) cups of **water** with **veggie mix #2** and **seasoning blend**, then bring to a boil. Once at a boil, add **tomato sauce mix** and simmer on low for 3-4 minutes. Pull off heat and set aside.



5 Preheat the oven to 400 degrees. Spray a pan with cooking spray and layer as follows: 2 (4) noodles, half of white sauce, 2 (4) noodles, all of tomato sauce, 2 (4) noodles, rest of the white sauce.



6 Top with **mozzarella cheese** and **Italian seasoning**, and bake for 12-15 minutes or until lightly brown and bubbly! Rest for 5 minutes and then enjoy!

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Wasn't that simple?

Choose from a variety of Thrive Life ingredients to whip up your own family classics faster.



Nutrition Facts

3 servings per container

Servings size 1 cup (134g)

Amount per serving As Packaged

Calories **530**

% Daily Value*

Total Fat 17g **22%**

 Saturated Fat 8g **40%**

Trans Fat 0g

Cholesterol 40mg **13%**
Sodium 1320mg **57%**
Total Carbohydrate 74g **27%**

 Dietary Fiber 4g **14%**

Total Sugars 13g

 Includes 1g Added Sugars **2%**
Protein 27g

Vit. D 3mcg 15% • Calcium 604mg 45%

Iron 3mg 15% • Potas. 926mg 20%

*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.

INGREDIENTS: LASAGNA NOODLES (DURUM WHEAT SEMOLINA, [ENRICHED WITH IRON (FERROUS SULFATE) AND B VITAMINS (NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID)]), THRIVE BECHAMEL SAUCE (NONFAT MILK, MILK FAT, WHEY, FOOD STARCH-MODIFIED, SALT, SWEET CREAM, ONION POWDER, NONFAT MILK SOLIDS, GARLIC POWDER, SPICES, SODIUM CASEINATE, SODIUM PHOSPHATE, VITAMIN A PALMITATE, VITAMIN D3, ANNATTO COLOR), MOZZARELLA CHEESE (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), THRIVE TOMATO SAUCE (TOMATO POWDER, FOOD STARCH-MODIFIED, SUGAR, MILK FAT, WHEY, SALT, SWEET CREAM, GARLIC POWDER, ONION POWDER, SPICES, NONFAT MILK SOLIDS, NONFAT MILK, CARROT POWDER, DEXTROSE, SODIUM CASEINATE, SODIUM PHOSPHATE, MALTODEXTRIN, NATURAL FLAVOR, YEAST EXTRACT, CITRIC ACID, ANNATTO COLOR), PARMESAN CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES, POWDERED CELLULOSE, CALCIUM PROPIONATE), GARLIC, CAULIFLOWER, BROCCOLI, RED BELL PEPPER, ONION, GREEN BELL PEPPER, ALL PURPOSE SEASONING (SALT, SPICES, ONION, GARLIC, CHILI PEPPER, DEXTROSE, CITRIC ACID, SUGAR, NATURAL FLAVOR), SPINACH, MUSHROOM, ZUCCHINI, TOMATO, SPICES. **CONTAINS: MILK, WHEAT.**

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, & COCONUT PRODUCTS.

DISTRIBUTED BY THRIVE LIFE, 691 SOUTH AUTO MALL DR, AMERICAN FORK, UTAH 84003. MADE IN UTAH.

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