

Italian Meatball Lasagna Roll Ups: The Ultimate Comfort Food Makeover

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OVEN
375°F

TIME
20 min

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INGREDIENTS

10 lasagna noodles, cooked al dente

1 ½ cups ricotta cheese

1 large egg

1 tsp Italian seasoning

½ tsp garlic powder (optional)

Salt & black pepper to taste

2 cups marinara sauce (use your favorite or homemade)

18-20 small Italian meatballs (fully cooked)

2 cups shredded mozzarella cheese

½ cup grated Parmesan cheese

Fresh basil or parsley for garnish

Ingredient Swaps & Notes:

Meatballs: You can use beef, pork, turkey, or even plant-based meatballs for a vegetarian-friendly version.

Cheese Options: Add provolone, smoked gouda, or even a few slices of fresh mozzarella to up the gooey factor.

Marinara Sauce: Homemade is always wonderful, but jarred sauce saves time. Spice it up with red pepper flakes or a splash of balsamic vinegar.

Step-by-Step Instructions:

Preheat Oven: Set to 375°F (190°C).

Boil Pasta: Cook lasagna noodles until just al dente. Drain and lay flat to prevent sticking.

Mix Filling: In a medium bowl, combine ricotta, egg, Italian seasoning, garlic powder, salt, and pepper.

Assemble Roll Ups: Spread about 2 tbsp of the ricotta mixture onto each noodle. Place 2 meatballs at one end and roll up tightly.

Prepare Baking Dish: Spread 1 cup of marinara on the bottom of a 9x13" baking dish.

Add Rolls: Place roll ups seam-side down in the dish. Top with remaining sauce.

Top with Cheese: Sprinkle with mozzarella and Parmesan.

Bake: Cover with foil and bake for 20 minutes. Remove foil and bake an additional 10 minutes until bubbly and golden on top.

Cool and Garnish: Let rest 5 minutes before garnishing with fresh basil or parsley.

Tips for Success:

Don't overcook noodles: Slightly underdone is better-they'll finish cooking in the oven.

Use small meatballs: Larger ones can make rolling tricky.

Add veggies: Spinach or roasted zucchini can be layered under the ricotta mixture for a nutritious boost.

Double batch: This recipe easily scales-freeze a second tray for later!

Serving Suggestions and Pairings:

This Blueberry Lemonade adds a bright, refreshing contrast to all the cheesy richness.

For a fun appetizer to start the meal, try This Crockpot Nacho Dip. It sets the tone for comfort food heaven.

Craving something bold? Sip on This Classic Margarita for a zesty pairing that cuts through the richness.

Serve with crusty garlic bread, Caesar salad, or roasted Brussels sprouts.

DIRECTIONS

1. **Preheat :** Oven: Set to 375°F (190°C).
2. **Boil :** Pasta: Cook lasagna noodles until just al dente. Drain and lay flat to prevent sticking.
3. **Mix :** Filling: In a medium bowl, combine ricotta, egg, Italian seasoning, garlic powder, salt, and pepper.
4. **Assemble :** Roll Ups: Spread about 2 tbsp of the ricotta mixture onto each noodle. Place 2 meatballs at one end and roll up tightly.
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10. **Tips for Success:** Don't overcook noodles: Slightly underdone is better-they'll finish cooking in the oven.
11. **Use small meatballs:** Larger ones can make rolling tricky.
12. **Add veggies:** Spinach or roasted zucchini can be layered under the ricotta mixture for a nutritious boost.
13. **Double batch:** This recipe easily scales-freeze a second tray for later!
14. **Serving Suggestions and Pairings:** These roll ups shine

on their own, but pair beautifully with sides and drinks that elevate your Italian night:

15. This : Blueberry Lemonade adds a bright, refreshing contrast to all the cheesy richness.
16. For a fun appetizer to start the meal, try : This Crockpot Nacho Dip. It sets the tone for comfort food heaven.
17. Craving something bold? Sip on This Classic Margarita for a zesty pairing that cuts through the richness.
18. Serve with crusty garlic bread, : Caesar salad, or roasted Brussels sprouts.
19. End the meal on a sweet note with : These Chocolate Chip Cookie Dough Brownie Bombs-you'll thank me later.
20. Storage and Leftovers: Refrigerator: Store in an airtight container for up to 4 days.
21. Freezer: Wrap individual roll ups in foil and freeze. To reheat, thaw overnight and bake at 375°F for 20-25 minutes.
22. Microwave: Reheat 1-2 roll ups with extra sauce to keep them moist.
23. More Recipes You'll Love: This Crockpot Nacho Dip Is the Reason I Never Have Leftovers
24. These : Sheet Pan Quesadillas Are My Favorite Way to Feed a Crowd Fast
25. This : Instant Pot Lasagna Is My Favorite Way to Make Comfort Food Fast

SWAPS & NOTES

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