

## Italian Meatball Lasagna Roll-Ups: Easy & Cheesy Baked Dinner

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**OVEN**  
**375°F**

**TIME**  
**25 min**

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### INGREDIENTS

12 lasagna noodles  
1.5 lbs prepared meatballs (store-bought or homemade, cooked)  
3 cups marinara sauce, divided (your favorite brand or homemade)  
15 oz ricotta cheese  
1 egg  
¾ cup grated Parmesan cheese, plus more for topping  
¼ cup chopped fresh parsley, plus more for garnish  
1 tsp garlic powder  
¼ tsp salt  
¼ tsp black pepper  
2 cups shredded mozzarella cheese, divided

### DIRECTIONS

1. Let's get rolling with these delicious lasagna creations!
2. Cook the : Lasagna Noodles: Bring a large pot of salted water to a boil. Add the lasagna noodles and cook according to package directions until al dente. Drain well, rinse with cold water to prevent sticking, and lay them flat on a clean surface or parchment paper.
3. Prepare the : Ricotta Mixture: In a medium bowl, combine the ricotta cheese, egg, ¾ cup Parmesan cheese, ¼ cup chopped fresh parsley, garlic powder, salt, and black pepper. Mix until well combined and smooth.
4. Prep the : Baking Dish: Pour about 1 cup of marinara sauce into the bottom of a 9x13-inch baking dish, spreading it evenly. This will prevent the roll-ups from sticking and add moisture.
5. Assemble the : Roll-Ups: Lay one cooked lasagna noodle flat. Spread about 2-3 tablespoons of the ricotta mixture evenly over the noodle. Arrange 2-3 small meatballs (or equivalent amount of chopped larger meatballs) down the center of the noodle. Sprinkle with about 2-3 tablespoons of shredded mozzarella cheese.
6. Roll and : Arrange: Carefully roll up each noodle from one end to the other. Place the rolled-up noodle seam-side down in the prepared baking dish. Repeat with the remaining noodles, ricotta mixture, meatballs, and mozzarella, arranging them snugly in the dish.
7. Sauce and : Cheese: Once all roll-ups are in the dish, pour the remaining 2 cups of marinara sauce over the

top, ensuring each roll-up is covered. Sprinkle the remaining mozzarella cheese and a generous amount of Parmesan cheese over everything.

8. **Bake:** Preheat your oven to 375°F (190°C). Cover the baking dish loosely with aluminum foil and bake for 25 minutes.
9. **Brown and : Serve:** Remove the foil and bake for an additional 10-15 minutes, or until the cheese is melted, bubbly, and lightly golden brown.
10. **Rest and : Garnish:** Let the lasagna roll-ups rest for 5-10 minutes before serving. Garnish with additional fresh parsley if desired.

## SWAPS & NOTES

**Meatballs:** Using pre-cooked meatballs is a huge time-saver, whether they're frozen or from your local deli.

If you're making homemade meatballs, ensure they're fully cooked before incorporating them.

For a vegetarian option, you could swap the meatballs for cooked crumbled vegetarian ground or sautéed mushrooms .

**Marinara Sauce:** Use a high-quality marinara sauce that you love the taste of, as it forms the base flavor.

## TIPS FOR SUCCESS

**Don't Overcook Noodles:** Cook the lasagna noodles just until al dente.

They'll continue to cook in the oven, and you want them to hold their shape for rolling.

**Cold Rinse:** Rinsing the cooked noodles with cold water stops the cooking process and prevents them from sticking together, making them much easier to handle.

**Even Spreading:** Spread the ricotta mixture thinly and evenly over the noodles to ensure a balanced flavor in each bite.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

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