

Lasagna Bolognese with Béchamel Sauce

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Few dishes capture the heart of Italian comfort food quite like Lasagna Bolognese. With its rich layers of meat sauce, creamy béchamel, and perfectly melted cheese, this classic meal is a labor of love that never fails to impress. My version keeps the process simple – using store-bought noodles and homemade Bolognese sauce – while still delivering that authentic, slow-simmered flavor that makes every bite unforgettable. Whether for a cozy family dinner or a Sunday gathering, this lasagna is always a crowd-pleaser.

Things to know about this Lasagna Bolognese with Béchamel Sauce recipe

- **Make ahead:** You can assemble the lasagna a day in advance and refrigerate it until ready to bake.
- **Freezer-friendly:** Lasagna freezes beautifully – just wrap it tightly and freeze for up to 3 months.
- **Noodles:** No-boil noodles work well here, but if you prefer, parboil traditional lasagna sheets for a softer texture.
- **Sauce matters:** A rich, slow-cooked Bolognese sauce makes all the difference. If you've made extra, freeze it for

your next batch.

- **Rest before slicing:** Let the lasagna sit for 15–20 minutes after baking to set the layers and make clean slices.
- **Craving more Italian comfort food?** Try my Meatball Sunday Sauce or cozy up with a bowl of Zuppa Toscana next. And if you love baked pasta, don't miss my hearty Easy cheesy Stuffed Shell – all perfect for your next family meal!

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Servings: 8

Prep Time: 45 minutes Cook Time: 45 minutes Rest Time: 30 minutes

Ingredients

- **For the Bolognese Sauce**

(<https://lorianasheacooks.com/tomato-bolognese-meat-sauce/>!)

You'll need about **4–5 cups** of prepared Bolognese sauce.

For the Béchamel Sauce

- 4 tablespoons unsalted butter
- 4 tablespoons all-purpose flour
- 4 cups whole milk, warmed

- $\frac{1}{4}$ teaspoon ground nutmeg
- Salt and pepper to taste

1. Instructions

2. Prepare the Béchamel Sauce

- In a saucepan, melt the butter over medium heat.
- Whisk in the flour and cook for 1–2 minutes until slightly golden.
- Gradually whisk in the warm milk, stirring constantly until smooth and thickened, about 5–7 minutes.
- Season with salt, pepper, and nutmeg. Set aside.

3. Cook the Lasagna Noodles

- If using regular noodles, cook in salted boiling water until just *al dente*.
- Drain and lay flat on a lightly oiled surface to prevent sticking.
- If using no-boil noodles, skip this step.

4. Assemble the Lasagna

- Preheat oven to **375°F (190°C)**.
- Lightly grease a **9×13-inch** baking dish.
- Spread a thin layer of Bolognese sauce on the bottom.
- Add a layer of noodles.
- Spread a layer of béchamel, then a layer of Bolognese, followed by a sprinkle of mozzarella and Parmesan.

- Repeat the process ending with a layer of béchamel. ENJOY!!!

Bake

- Cover with foil (tent it slightly so it doesn't touch the cheese).
- Bake for **30 minutes**.
- Uncover and bake another **15 minutes**, or until bubbly and golden on top.

Rest and Serve

- Let the lasagna rest **20–30 minutes** before cutting – this helps the layers set beautifully.
- Slice and serve warm with extra Parmesan if desired.

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