Vegan Lasagna

Everyone's favourite lasagna recipe. The vegan ricotta adds a superb richness and flavour and the mushrooms make the tomato sauce chunky and full of flavour.

Categories

Gluten-free Yields: 8 servings

Preparation time: 20 mins Cooking time: 70 mins Category: Entrees Complexity: Moderate

Vegan experience: Some experience

Preparation style: Cooked





Ingredients

Cashews, raw1 cupWater0.5 cupGarlic, powder1 teaspoonOnion powder1 teaspoonCider vinegar1 teaspoonNutritional yeast seasoning1 x 1 tbspTofu, silken, cooked1 cupLasagna noodles, white, cooked in unsalted water9 each - lasagna noodleDairy-free parmesan, parmesan1 x 1/4 cupMozzarella style shreds4 x 0.25 cupTomato sauce2 cupOlive oil1 tablespoonOnion, white, yellow or red, raw1 largeGreen bell peppers, raw1 smallGarlic, fresh2 cloveBrown mushrooms (italian or crimini mushrooms), raw2 cupItalian gourmet spice blend4 x 0.25 tspOregano, ground0.5 teaspoonBasil, ground1 teaspoon		
Garlic, powder Onion powder 1 teaspoon Cider vinegar Nutritional yeast seasoning Tofu, silken, cooked 1 cup Lasagna noodles, white, cooked in unsalted water 9 each - lasagna noodle Dairy-free parmesan, parmesan 1 x 1/4 cup Mozzarella style shreds 4 x 0.25 cup Tomato sauce 2 cup Olive oil 1 tablespoon Onion, white, yellow or red, raw 1 large Green bell peppers, raw Garlic, fresh 2 clove Brown mushrooms (italian or crimini mushrooms), raw Italian gourmet spice blend Oregano, ground 1 teaspoon 1 x 1 tbsp 1 cup 1 talespoon 2 cup 2 cup 0 clove 3 clove 3 cup 1 small 4 x 0.25 tsp 0 coregano, ground	Cashews, raw	1 cup
Onion powder Cider vinegar 1 teaspoon Nutritional yeast seasoning 1 x 1 tbsp Tofu, silken, cooked 1 cup Lasagna noodles, white, cooked in unsalted water 9 each - lasagna noodle Dairy-free parmesan, parmesan 1 x 1/4 cup Mozzarella style shreds 4 x 0.25 cup Tomato sauce 2 cup Olive oil 1 tablespoon Onion, white, yellow or red, raw 1 large Green bell peppers, raw 1 small Garlic, fresh 2 clove Brown mushrooms (italian or crimini mushrooms), raw Italian gourmet spice blend Oregano, ground 1 teaspoon 1 x 1 tbsp 1 cup 1 talespoon 2 cup 1 small 2 clove	Water	0.5 cup
Cider vinegar1 teaspoonNutritional yeast seasoning1 x 1 tbspTofu, silken, cooked1 cupLasagna noodles, white, cooked in unsalted water9 each - lasagna noodleDairy-free parmesan, parmesan1 x 1/4 cupMozzarella style shreds4 x 0.25 cupTomato sauce2 cupOlive oil1 tablespoonOnion, white, yellow or red, raw1 largeGreen bell peppers, raw1 smallGarlic, fresh2 cloveBrown mushrooms (italian or crimini mushrooms), raw2 cupItalian gourmet spice blend4 x 0.25 tspOregano, ground0.5 teaspoon	Garlic, powder	1 teaspoon
Nutritional yeast seasoning Tofu, silken, cooked Lasagna noodles, white, cooked in unsalted water Dairy-free parmesan, parmesan Mozzarella style shreds Tomato sauce Olive oil Onion, white, yellow or red, raw Green bell peppers, raw Garlic, fresh Brown mushrooms (italian or crimini mushrooms), raw Italian gourmet spice blend Oregano, ground 1 x 1 tbsp 1 cup 4 x 0.25 cup 1 tablespoon 1 tablespoon 2 cup 1 small 2 clove 2 cup 1 small 2 cup 1 talian gourmet spice blend 0.5 teaspoon	Onion powder	1 teaspoon
Tofu, silken, cooked Lasagna noodles, white, cooked in unsalted water Dairy-free parmesan, parmesan Mozzarella style shreds Tomato sauce Olive oil Onion, white, yellow or red, raw Green bell peppers, raw Garlic, fresh Brown mushrooms (italian or crimini mushrooms), raw Italian gourmet spice blend Oregano, ground 1 cup 1 x 1/4 cup 4 x 0.25 cup 1 tablespoon 1 tablespoon 1 large 2 clove 2 clove 4 x 0.25 tsp 0.5 teaspoon	Cider vinegar	1 teaspoon
Lasagna noodles, white, cooked in unsalted water Dairy-free parmesan, parmesan Mozzarella style shreds Tomato sauce Olive oil Onion, white, yellow or red, raw Green bell peppers, raw Garlic, fresh Brown mushrooms (italian or crimini mushrooms), raw Italian gourmet spice blend Oregano, ground 9 each - lasagna noodle 1 x 1/4 cup 4 x 0.25 cup 1 tablespoon 1 large 1 small 2 clove 2 cup 4 x 0.25 tsp 0.5 teaspoon	Nutritional yeast seasoning	1 x 1 tbsp
Dairy-free parmesan, parmesan1 x 1/4 cupMozzarella style shreds4 x 0.25 cupTomato sauce2 cupOlive oil1 tablespoonOnion, white, yellow or red, raw1 largeGreen bell peppers, raw1 smallGarlic, fresh2 cloveBrown mushrooms (italian or crimini mushrooms), raw2 cupItalian gourmet spice blend4 x 0.25 tspOregano, ground0.5 teaspoon	Tofu, silken, cooked	1 cup
Mozzarella style shreds 4 x 0.25 cup Tomato sauce 2 cup Olive oil 1 tablespoon Onion, white, yellow or red, raw 1 large Green bell peppers, raw 1 small Garlic, fresh 2 clove Brown mushrooms (italian or crimini mushrooms), raw Italian gourmet spice blend 4 x 0.25 tsp Oregano, ground 0.5 teaspoon	Lasagna noodles, white, cooked in unsalted water	9 each - lasagna noodle
Tomato sauce 2 cup Olive oil 1 tablespoon Onion, white, yellow or red, raw 1 large Green bell peppers, raw 1 small Garlic, fresh 2 clove Brown mushrooms (italian or crimini mushrooms), raw 2 cup Italian gourmet spice blend 4 x 0.25 tsp Oregano, ground 0.5 teaspoon	Dairy-free parmesan, parmesan	1 x 1/4 cup
Olive oil 1 tablespoon Onion, white, yellow or red, raw 1 large Green bell peppers, raw 1 small Garlic, fresh 2 clove Brown mushrooms (italian or crimini mushrooms), raw 2 cup Italian gourmet spice blend 4 x 0.25 tsp Oregano, ground 0.5 teaspoon	Mozzarella style shreds	4 x 0.25 cup
Onion, white, yellow or red, raw Green bell peppers, raw 1 small Garlic, fresh 2 clove Brown mushrooms (italian or crimini mushrooms), raw Italian gourmet spice blend Oregano, ground 1 large 2 cup 4 x 0.25 tsp 0.5 teaspoon	Tomato sauce	2 cup
Green bell peppers, raw 1 small Garlic, fresh 2 clove Brown mushrooms (italian or crimini mushrooms), raw 2 cup Italian gourmet spice blend 4 x 0.25 tsp Oregano, ground 0.5 teaspoon	Olive oil	1 tablespoon
Garlic, fresh Brown mushrooms (italian or crimini mushrooms), raw Italian gourmet spice blend Oregano, ground 2 clove 4 x 0.25 tsp 0.5 teaspoon	Onion, white, yellow or red, raw	1 large
Brown mushrooms (italian or crimini mushrooms), raw 1 talian gourmet spice blend Oregano, ground 2 cup 4 x 0.25 tsp 0.5 teaspoon	Green bell peppers, raw	1 small
Italian gourmet spice blend4 x 0.25 tspOregano, ground0.5 teaspoon	Garlic, fresh	2 clove
Oregano, ground 0.5 teaspoon	Brown mushrooms (italian or crimini mushrooms), raw	2 cup
	Italian gourmet spice blend	4 x 0.25 tsp
Basil, ground 1 teaspoon	Oregano, ground	0.5 teaspoon
	Basil, ground	1 teaspoon
Marjoram, dried 0.5 teaspoon	Marjoram, dried	0.5 teaspoon

Red pepper (cayenne), ground	0.25 teaspoon
Thyme, ground	0.25 teaspoon
Black pepper, ground	0.5 teaspoon

Instructions

Soak 1 cup raw cashews 4 hours or overnight.

We use gluten free no boil lasagna noodles. For extra nutrition and protein try the lentil lasagna noodles.

Vegan parmesan cheese is optional. You can purchase it or make your own (recipe not included here).

For the mozzarella we use Daiya mozzarella shreds.

- 1. Drain and rinse soaked cashews. Add to blender with 1/2 cup water,1 tsp each of garlic and onion powder, 1 tsp cider vinegar and 1 tbsp nutritional yeast. Blend until well combined. This can be made in advance and stored in the fridge for up to 3 days.
- 2. To make the sauce: in a medium pot add olive oil. When hot add chopped onion and green pepper. Sauté for 3 minutes or until just beginning to soften. Add diced garlic. Sauté for another 2 minutes. Add chopped cremini mushrooms. For this recipe I use around 8 10 mushrooms. Continue to sauté until mushrooms soften and then some of the liquid evaporates. Then add tomato puree. Feel free to use fresh tomatoes, jar or canned puree ~ around 2 cups. Once tomato sauce begins to boil reduce heat and add spices 1 tsp Italian spice, 1 tsp bail, 1 tsp oregano, 1/2 tsp marjoram, 1/4 tsp cayenne or a few shakes of red pepper flakes, 1/4 tsp dried thyme and 1/2 tsp black pepper. Stir and let sauce simmer for 30 minutes, on low heat, stirring occasionally.
- 3. Take the cashew ricotta and crumble 1 package of silken tofu into it. Stir well to combine. Set aside.
- 4. Turn oven to 350 F
- 5. To assemble lasagna: Use a glass lasagna baking dish. Add 1/4 of the sauce to the bottom of the baking dish. Place 1/3 of the noodles on top of the sauce to fit the dish. Place ricotta on top of noodles followed by 1/4 sauce, mozzarella and parmesan. [Sometimes i steam vegetables such as zucchini or broccoli and add on top of the ricotta layer but this is optional.] Add another layer of noodles followed by ricotta, sauce, mozzarella and parmesan. Repeat