

# 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, raw	1 cup
Water	0.5 cup
Garlic, powder	1 teaspoon
Onion powder	1 teaspoon
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	2 cup
Italian gourmet spice blend	4 x 0.25 tsp
Oregano, ground	0.5 teaspoon
Basil, ground	1 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 basil, 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