

# HEARTY VEGGIE LASAGNA



## INGREDIENTS

2 packages brown rice lasagna noodles  
2 25.5 oz. jars of tomato basil pasta sauce  
4 10 oz. bags baby bella mushrooms  
2 medium onions  
4 small or 2 large zucchini  
1 tsp. oil  
garlic salt to taste  
1 package Daiya mozzarella cheese

## VEGAN HERBED RICOTTA

1 cup vegan goat cheese\*  
½ package extra firm sprouted tofu by Wildwood, drained and crumbled  
15 oz. can great northern beans, drained and rinsed  
2 10 oz. packages frozen spinach, thawed and squeezed dry  
1 packed cup fresh basil  
4 garlic cloves  
1 tsp oregano  
1 tsp salt  
pepper to taste

\* recipe can be found here <http://veggiegrettie.com/2011/01/14/vegan-goat-cheese/>

Preheat the oven to 400 °

Place a strainer over a bowl and pour one of the jars of pasta sauce into the strainer. You want most of the liquid to strain into the bowl. You may need to stir the sauce a few times.

While the pasta sauce is straining, cook the lasagna noodles according to the instructions on the box. I am always leery about noodles that claim they do not need to be precooked, so I always precook them. It really doesn't add much time to the process since they will cook while you are preparing the other ingredients.

While the noodles are cooking, make the Vegan Herbed Ricotta. Place the vegan goat cheese and sprouted tofu in a bowl. In a food processor fitted with the S blade, pulse together the basil, garlic, oregano, salt, and pepper. You will need to stop and scrape down the bowl of the processor a few times during the process. Once the mixture resembles pesto, add the great northern beans and pulse only a few times since you want the beans to maintain some texture. Gently fold the mixture from the food processor into the vegan goat cheese and crumbled tofu. Once well combined, gently fold in the spinach (which you have squeezed ALL of the liquid out of so it forms a nice dry ball).

Now that the noodles are done cooking, rinse them under cool water. Once rinsed, lay them out in a single layer to prevent sticking (I use sheet pans).

Without washing the food processor bowl (save yourself some time, there is no real need) place the mushrooms one bag at a time into the food processor and pulse until they are fairly well chopped, but maintain some texture. Pour the mushrooms into a large pot. Repeat with the other three bags until all of the mushrooms are chopped.

Roughly chop the onions and place them into the unwashed food processor bowl. Pulse until finely chopped and add the onions to the pot with the chopped mushrooms.

Turn the burner onto medium and cook the mushrooms and onions down. Place the lid on the pot to speed-up the process. Once the mushrooms and onions are cooked (approx. 10 minutes), pour them into a strainer to strain out all of the liquid. Once strained, salt and pepper to taste.

Chop the zucchini into 1/8" wheels and sauté on medium heat with 1 tsp oil. You want the zucchini to brown very slightly. This should only take 3-4 minutes. Flavor the zucchini with garlic salt to taste.

It is now time to assemble the lasagna. Pour one third of the unopened pasta sauce (NOT the pasta sauce you are straining) into the bottom of a 10" x 12" deep casserole dish.

Follow with a layer of lasagna noodles, 1/3 of the Vegan Herbed Ricotta, 1/3 of the Daiya, and 1/3 of the mushrooms.

Follow with another 1/3 of the pasta sauce, a layer of noodles, 1/3 of the Vegan Herbed Ricotta, all of the zucchini wheels, most of the remaining mushrooms (reserve some for the top of the lasagna), most of the remaining Daiya (reserve some for the top of the lasagna), and the last 1/3 of the jar of pasta sauce.

Top with the last layer of lasagna noodles, the ENTIRE jar of the strained pasta sauce (reserve the liquid for an alternate use...you will not need it for this recipe...if you put it into the lasagna it will become soggy), any remaining mushrooms, and the remaining Daiya.

Cover the lasagna with a piece of foil that you have oiled on the inside so it won't stick to it.

Cook the lasagna for 1 hour.