



# Vegan Classic Lasagna

## Ingredients

### For the Meat Sauce:

- 1 tbsp olive oil
- 1 medium onion, finely chopped
- 3 garlic cloves, minced
- 8 oz vegan ground beef substitute
- 8 oz vegan ground pork substitute
- 16 oz mushrooms, sliced (cremini or button mushrooms work well)
- 1 jar (24 oz) marinara sauce (check for vegan ingredients)
- 1 tsp dried basil
- 1 tsp dried oregano
- Salt and pepper to taste

### For the Vegan Ricotta:

- 1 block (14 oz) firm tofu, drained
- 1/4 cup nutritional yeast
- 2 tbsp lemon juice
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- Salt and pepper to taste
- 1/4 cup fresh parsley
- 1/4 cup fresh basil, chopped

### Other Ingredients:

- 12 lasagna noodles (use gluten-free if needed)
- 2 cups vegan mozzarella cheese (store-bought or homemade)
- 1/2 cup vegan parmesan cheese (optional)

## Instructions

### 1. Prepare the Vegan Meat Sauce:

- Heat olive oil in a large pan over medium heat. Add the chopped onion and cook until softened, about 3-4 minutes.
- Add the minced garlic and sauté for another minute.
- Add the vegan ground beef and pork substitutes. Cook for 5-7 minutes until browned, breaking up the pieces with a spoon.
- Add the sliced mushrooms and cook for another 5 minutes until they release moisture and start to brown.
- Stir in the marinara sauce, basil, oregano, salt, and pepper. Simmer for 10 minutes to blend the flavors.

2. **Make the Vegan Ricotta:**
  - In a food processor, crumble the tofu. Add nutritional yeast, lemon juice, olive oil, garlic powder, onion powder, salt, and pepper. Pulse until creamy.
  - Stir in fresh parsley or basil for extra flavor if desired.
3. **Cook the Lasagna Noodles:**
  - Cook the lasagna noodles according to the package instructions until al dente. Drain and set aside.
4. **Assemble the Lasagna:**
  - Preheat your oven to 375°F (190°C).
  - In a 9x13-inch baking dish, spread a thin layer of the meat and mushroom sauce on the bottom.
  - Add a layer of lasagna noodles (about 4 noodles per layer).
  - Spread half of the vegan ricotta over the noodles
  - Add another layer of the meat sauce and sprinkle with vegan mozzarella cheese.
  - Repeat the layers (noodles, ricotta, meat sauce, mozzarella) until all the ingredients are used up. End with a final layer of noodles, topped with meat sauce and a generous amount of vegan mozzarella and parmesan.
5. **Bake the Lasagna:**
  - Cover the lasagna with foil (lightly oil the foil to prevent sticking).
  - Bake for 30 minutes covered, then remove the foil and bake for an additional 10-15 minutes until the cheese is melted and bubbly.
6. **Let It Rest and Serve:**
  - Remove from the oven and allow the lasagna to rest for 10 minutes before slicing and serving.