



DINNER BELLE

BY JIL UTTERBACK



I just have to share this recipe---it is so good! It is a great no meat casserole that has a non dairy cheese sauce but you won't miss the cheese I promise! When I made it I divided it into freezer containers and froze it in individual servings and it freezes well!. So on a hot summer night just pop one in the microwave and you don't have to heat up the oven!

Vegan Spinach Lasagna

- 1 ½ cup chopped onion
- 3 TBSP minced garlic
- 4 (4.5) ounce cans stewed tomatoes
- 1/3 cup tomato paste
- ½ cup chopped fresh basil
- ½ cup chopped parsley
- 1 tsp salt & 1 tsp ground pepper
- 1 (16 ounce) package lasagna noodles
- 2 pounds firm tofu
- 2 TBSP minced garlic
- ¼ cup chopped fresh basil
- ¼ cup chopped parsley
- ½ tsp salt, ground pepper to taste
- 3 (10 ounce) packaged frozen chopped spinach, thawed and drained



1. Make the tomato sauce in a heavy saucepan, over medium heat.
2. Place onions and garlic first and sauté until onions are soft—about 5 minutes. Add tomatoes, tomato paste, basil and parsley. Turn heat to low and simmer about 1 hour.
3. Meanwhile boil lasagna noodles for 9 minutes in salted water. Drain and rinse well.
4. Pre heat oven to 400 degrees
5. Place tofu blocks in a large bowl. Add the garlic, basil and parsley and salt and pepper. Mash all the ingredients together by squeezing through your fingers.
6. Assemble the lasagna. Spread 1 cup of the tomato sauce in the bottom of a 9x13 inch pan. Arrange a single layer of the noodles, sprinkle one third of the tofu mixture. Distribute all the spinach evenly over the tofu mixture. Next ladle 1 ½ cup tomato sauce over the tofu, then top with another layer of noodles. Then sprinkle 1/3 cup of the tofu mixture, then top with 1 ½ tomato sauce and place a final layer of noodles over the tomato sauce. Finally, top the noodles with the final 1/3 cup of the tofu. Spread the remaining tomato sauce on top.



Let me hear if you enjoy these recipes...jilu@indian-creek.net