

Vegan Lasagna

...except that I use gluten-free chickpea spiral or penne pasta
Feel free to make actual lasagna noodles and layer in the normal fashion.

Pasta of some sort (As mentioned, I use gluten-free chickpea pasta. It's so good and just loaded with protein)

One Large Jar of your favorite Marinara Sauce

Chao Cheese (Field Roast company fake cheese slices that actually bakes up very creamy)

-Boil pasta – Don't let it get very soft since it will still have to bake later. Set aside (but maybe leave it sitting in cooler water so it stops cooking but doesn't dry out.) Drain when ready to use.

-Saute until somewhat soft and then set aside:

½ cup chopped onions

2 cups sliced mushrooms (or thereabouts)

(Sprinkle with a little salt while sauteing)

-In a food processor that will grind nuts pretty fine, grind together:

½ cup Cashews (raw or roasted)

1/3 cup Roasted Almonds

2 Cloves Garlic

3 Tablespoons Dried Basil

2 Tablespoons Nutritional Yeast

1 teaspoon Salt

When the mixture looks pretty fine...

-Add in and blend until smooth:

1/3 cup Olive Oil (although I kind of let the oil spill over the edges of the 1/3 cup so it's a bit more)

½ package of firm tofu crumbled into the food processor (8 oz)

Water (you will probably need to add a little water at a time for this to blend smooth)

Here's where you will have to make your choice about layering on noodles or mixing things together Marie style...

-Preheat oven to 350

-Grab a large casserole pan and smear some oil on the bottom and a thin layer of Marinara

-Add the creamy nut blend to the drained pasta (in a large mixing bowl) and stir until pasta is all covered

-Scoop or plop pasta into casserole dish and spread out until even

-Pour most of the Marinara over the pasta and spread (leave behind maybe a half cup???)

-Cut 5 slices of Chao Cheese in half and layer on top of the Marinara

-Scoop or plop onions and mushrooms onto the cheese and spread

-Pour the rest of the Marinara over the top and spread

-Bake at 350 for 30 minutes