

Vegan Vegetable Lasagne



Ingredients

Bean Filling:

- 1 brown onion, diced
- 1 garlic clove, minced
- 1 cup mushrooms, diced
- 1 cup zucchini, diced
- 1 can black beans, drained and rinsed
- 1 can diced tomatoes
- 3 tbsp tomato paste

Cheese Sauce:

- 2 tbsp butter
 - 3 tbsp plain flour
 - 2 cups soy milk
 - 1/2 cup grated cheese
 - 2 tbsp nutritional yeast
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Toppings:

- 1 zucchini, sliced into thin slices
- Tomato slices

Method

- Begin by preheating your oven to 190°C.
- In a frying pan, add a dash of oil, then toss in the onions, garlic, mushrooms, and zucchini. Sauté them for approximately 5 minutes until they take on a gentle browning.
- Introduce the black beans, diced tomatoes, and tomato paste into the pan, allowing the mixture to simmer for 10-20 minutes, or until the sauce achieves the desired thickness.
- In a separate saucepan, gently heat the vegan butter over low heat. Stir in the flour, ensuring a smooth consistency. Gradually pour in the soy milk and bring the mixture to a gentle boil, stirring consistently as the sauce gradually thickens.
- As the final touch, incorporate the grated vegan cheese and nutritional yeast, blending them into the sauce for an added depth of flavor.
- Prepare an oven-safe dish for layering. Begin with the bean filling, followed by a generous pour of cheese sauce, and then a layer of thin zucchini slices, serving as a wholesome substitute for traditional pasta sheets. Complete the layering with one last application of the creamy cheese sauce and the addition of slices of tomato for a vibrant finish.
- Place the prepared dish in the preheated oven, allowing it to bake for at least 30 minutes.

