

New Soul Kitchen
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Lasagna Love
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Yield: 6 to 8 servings

Total Time: 5 ½ hours?? Or 1 ½ hours

Chelle's Homestyle Lasagna

Recipe Courtesy of Porsche Thomas

Ingredients:

1 package of vegan no boil lasagna noodles
1 ½ cup Hazelnut ricotta (see below)
1 package Beyond Meat© “beef” crumbles
1 tablespoon avocado oil
¼ teaspoon sea salt
1/8 teaspoon black pepper
¼ teaspoon garlic powder
1 tablespoon ketchup
1 bag frozen spinach, defrosted and patted dry
1 package Daiya© mozzarella shreds (1/2 cup separated)
4 tablespoon Nutritional Yeast
Fresh basil for garnish

Method:

1. Preheat oven to 350° (or 375)
2. Prepare the hazelnut ricotta and casher cheese as directed. Set aside.
3. In a large skillet, heat avocado oil. When hot, add beef crumbles, salt, pepper, garlic powder and ketchup. Allow to brown and heat thoroughly. Set aside.
4. Ladle some marinara in a 9x12 baking dish. Place noodles on the marinara to cover the bottom of the dish. Top noodles with more marinara sauce. Spoon half of the ricotta cheese over the noodles evenly.

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5. Next, spoon half of the “beef” crumbles over the ricotta. Add 1/2 of the spinach evenly then half of the Daiya mozzarella.
6. Add a second layer of lasagna noodles, followed by remaining ricotta, remaining “beef” crumbles, remaining spinach, the other half of the Daiya mozzarella, and a few ladles of marinara.
7. Add the final layer of noodles. Top with separated Daiya mozzarella and a few more ladles of marinara. Sprinkle nutritional yeast over the top of the dish.
8. Cover the dish with foil and bake 45-60 minutes. Remove the foil and bake an additional 15 minutes until the noodles have softened, the cheese has melted, and the sauce bubbles.
9. Remove the lasagna from the oven and let it sit and set about 15 minutes. Garnish with fresh basil.

Hazelnut Ricotta

Recipe Courtesy of Porsche Thomas

Ingredients:

- 1 ½ cup hazelnuts, soaked at least 4 hours
- ½ cup water
- Juice of ½ lemon
- 2 cloves garlic, diced
- 2 tablespoons extra virgin avocado oil
- ½ teaspoon kosher salt
- 2 ½ tablespoons nutritional yeast
- 2 tablespoons fresh parsley, minced
- 2 tablespoons fresh basil, minced

Method:

1. Add all ingredients to a food processor or high-powered blender and pulse until but all fully ground, making sure to scrape the sides until entire mixture is smooth.