

Grandpa John's Super Easy Lasagna

My father-in-law is a real "meat and potatoes guy" so if Grandpa John likes this, it's a **winner!** You don't need to follow this recipe exactly. Amounts can vary but the nutritional yeast (found at a healthy grocer) is key. This gives many vegan dishes a cheesy and pleasing taste! A super easy recipe -- after you make it a few times, you'll never need to look at the recipe again!

2 14 oz. tofu (both firm or one firm, one soft...)
½ cup nutritional yeast (usually found in the bulk section at the health food store)
2 Tbsp. Tamari (a high quality soy sauce) or Bragg's Liquid Aminos
1/3 cup Nayoanise (Vegenaise, whatever)
1 tsp. each basil PLUS and oregano PLUS
1/8 tsp. pepper
1/2 tsp. sea salt
1 cup grated organic carrots (about 3 medium)- packed down
2 cups rinsed organic baby spinach leaves – packed down into a measuring cup
1 16 oz. pkg. uncooked lasagna noodles
1 14.5 oz. can diced tomatoes with juice – might want to pulse in food processor
1 28 oz. jar Marinara of your choice (my favorite is Giancana)

Using your shredding blade, grate your carrots in the food processor. Set aside. No need to clean your Cuisinart, just get all the carrots out and Process the first 8 ingredients until creamy. Set aside.

Assemble (You can layer it any way you want, this is one example):

In the bottom of a 9x13 pan, drizzle the juice of canned tomatoes.
Layer of *dry* pasta
½ of the spinach
½ of the carrots
½ diced tomatoes
Generous sprinkle of oregano and basil
1/3 of the tofu mixture
Layer of *dry* pasta
½ the marinara
Rest of the spinach
Rest of the carrots
Rest of the tomatoes
Generous sprinkle of oregano and basil
1/3 tofu mixture
Layer of *dry* pasta
Rest of the tofu mixture
Rest of the marinara
Swirl around to look creamy and sprinkle more of the oregano and basil on top

Cover tightly with parchment paper and then aluminum foil.

Bake at 400 for 50-60 minutes and be sure to let sit out for 35-40 minutes **covered**.

For vegan recipes and other ideas, please visit www.Vegan-Gal.com