

Vegan Lasagna

A classic vegan lasagna, packed with a rich meaty ragu and a silky aromatic bechamel sauce. A perfect crowd pleaser!

Cook Time

45 mins

Total Time

45 mins

Course: Main Course Cuisine: All, Italian, Italian American
 Servings: 6 servings Calories: 350kcal Author: Richard Makin



4.95 from 58 votes

Equipment

- 1 x oven
- 1 x wide frying pan or low-sided saucepan
- 1 x spatula
- 1 x 22x33cm or 9x13 inch casserole or lasagna dish

Ingredients

- 1 batch vegan bechamel sauce
- 1 tablespoon olive oil
- 1 onion peeled and finely chopped
- 4 cloves garlic finely minced
- 400 g vegan mince (like Beyond Meat)
- ½ carrot peeled and finely diced
- 1 celery stalk finely diced
- ½ teaspoon dried oregano
- ½ teaspoon dried parsley
- 1 tablespoon tomato puree aka tomato paste
- 1 teaspoon marmite optional
- 1 teaspoon light soy sauce
- 100 ml dry white wine
- 400 g can peeled tomatoes
- 200 ml vegetable stock
- sea salt and black pepper
- 12 lasagna sheets make sure they're vegan
- 120 g vegan cheese optional
- fresh parsley or basil finely chopped for serving

Instructions

1. Preheat the oven to 180 °C
2. Place a wide frying pan or low-sided saucepan over medium heat and add the olive oil. Once hot, add the onion and fry for 2 minutes or until softened. Add the garlic and fry for a further minute.

1 tablespoon olive oil, 1 onion, 4 cloves garlic

3. Add the vegan mince and break up with a spatula. Fry off for a few more minutes or until the vegan mince is starting to brown. Add the carrot and celery along with a splash of water to deglaze the pan and cook for a further 2 minutes or until the carrots and celery are softening.

400 g vegan mince (like Beyond Meat), ½ carrot, 1 celery stalk

4. Add the dried herbs, tomato puree, marmite, light soy sauce, dry white wine, can of peeled tomatoes and vegetable stock. Use the spatula to break up the tomatoes then leave the sauce to come to a simmer.

½ teaspoon dried oregano, ½ teaspoon dried parsley, 1 tablespoon tomato puree,

1 teaspoon marmite, 1 teaspoon light soy sauce, 100 ml dry white wine,

400 g can peeled tomatoes, 200 ml vegetable stock

5. Once simmering, lower the heat and allow the sauce to cook for around 15-20 minutes, stirring occasionally to ensure the vegan mince doesn't burn. Test the sauce and season with sea salt and black pepper to taste.

sea salt and black pepper

6. If the lasagna sheets you're using require pre-cooking, do this now in a large saucepan of salted boiling water. Do not cook the pasta for the full amount of time stated on the packaging, only cook for half of the time stated.

12 lasagna sheets

7. In a 22x33cm or 9x13 inch casserole or lasagna dish, ladle a thin layer of the vegan ragu. Spread across the base then arrange a layer of the pasta sheets. Top with a layer of bechamel followed by another layer of pasta sheets. Repeat until the ragu has all been used up then top with a final layer of pasta followed by a final layer of bechamel.

1 batch vegan bechamel sauce

8. Wrap the lasagna in tin foil/aluminium foil and place in the oven to bake for 30 minutes. Remove from the oven and remove the foil then top with the vegan cheese (if using) and return the lasagna to the oven to bake for a further 15 minutes.

120 g vegan cheese

9. Remove from the oven and allow to rest for 15 minutes before sprinkling with the fresh parsley or basil and serving.

fresh parsley or basil

Nutrition

Calories: 350kcal | Carbohydrates: 45g | Protein: 18g | Fat: 10g | Saturated Fat: 2g |

Polyunsaturated Fat: 2g | Monounsaturated Fat: 2g | Trans Fat: 0.03g | Cholesterol: 16mg |

Sodium: 809mg | Potassium: 440mg | Fiber: 6g | Sugar: 5g | Vitamin A: 1018IU | Vitamin C: 9mg

| Calcium: 50mg | Iron: 5mg

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