

# Vegan Lasagna

## Ingredients

- 2 Tbsp olive oil
- 1 yellow onion, chopped
- 2-3 carrots, chopped
- 8 oz Baby Bella mushrooms, chopped
- 1 tsp Italian seasoning
- 1 tsp fennel seeds
- 1/2 tsp salt
- pepper to taste
- 1 cup shredded kale or baby spinach
- 2 garlic cloves, pressed
- 1 25-oz jar vegan marinara sauce
- 9 no-boil lasagna noodles
- 3 cups [cashew cream](#)
- 1 1/2 cups shredded vegan mozzarella
- 1/4 cup grated vegan Parmesan or nutritional yeast

## Directions

Heat olive oil in a large saute pan or cooking pot over medium heat. Add the onion, carrots, mushrooms, Italian seasoning, fennel seeds, salt and pepper. Cook, stirring frequently, until the vegetables are soft and start to brown, about 8 to 10 minutes.

Add the kale or spinach to the pan, a handful at the time, and cook until it wilts. Add the garlic and cook, stirring, for 30 seconds. Turn off the heat, taste and adjust seasoning. Set aside.

Spread 1 cup marinara sauce on the bottom of a 9"x13" baking dish. Place 3 lasagna noodles on top. Spread 1 cup cashew cream on the noodles. Sprinkle 1/2 cup of the shredded vegan mozzarella, top with half of the veggies, followed by 1 cup marinara sauce.

Repeat with another layer of noodles, cashew cream, vegan mozzarella and veggies. Top with the remaining 3 noodles and then spread the remaining marinara sauce on top. Sprinkle with the remaining vegan mozzarella cheese and vegan Parmesan or nutritional yeast.

Cover the pan tightly with aluminum foil, making sure it doesn't touch the lasagna. Let rest on the counter for 20 minutes, while you preheat the oven to 350°F.

Bake, covered, for 25 minutes. Uncover and continue cooking for another 15 minutes. Remove from the oven and let cool for 15 minutes. Drizzle the remaining cashew cream on top and serve.

<http://www.marga.org/food/int/italianamerican/vlasagna.html>