Basic Recipe #1: Vegetarian Lasagna Creating Safe Recipes Activity

# **Ingredients (makes 8-10 servings)**

* 2 packs of frozen meatless ground crumbles
* 8 ounces lasagna noodles, uncooked
* 2 jars of pasta sauce
* 1 medium onion
* 1 medium green, red, or yellow pepper
* 1 or 2 packs of shredded cheese
* 2 tbsp of extra virgin olive oil
* 1 tbsp basil
* 1 tbsp oregano
* 1 tbsp garlic powder
* 1 tbsp Jamaican Jerk seasoning (optional)

# **Instructions**

1. Preheat oven to 350 °F.
2. Chop the onion and pepper into small chunks
3. Add 2 tbsp of oil to skillet at medium high heat. Pour the frozen crumbles into the skillet.
4. Cover skillet with a lid. Heat at medium high for 3-4 minutes. Stir occasionally.
5. Remove lid. Heat an additional 4-5 minutes, stirring constantly.
6. Pour all the sauce into the skillet with the browned crumbles. Add the chopped onions, peppers, and spices.
7. Cook sauce for 4 to 5 minutes, until the onions are translucent, and the peppers softened. Remove from heat.
8. Spread a little sauce in bottom of casserole or lasagna dish. Arrange one layer of uncooked lasagna noodles lengthwise (about 3 long noodles, edge may overlap, depending on your pan) over the sauce. Ladle a third of the remaining sauce over the noodles. Sprinkle a layer of a third of the shredded cheese on top of the lasagna sauce.
9. Apply second layer of noodles, top it with half of the remaining sauce. Add half of the remaining shredded cheese.
10. Finish with another layer of noodles. Spread the remaining sauce over the top layer of noodles and sprinkle with the remaining shredded cheese.
11. Cover with aluminum foil. Bake at 350° F for 45 to 50 minutes.
12. Uncover and return to oven uncovered for 5 minutes to melt cheese on top (if needed)
13. Let stand for 10 minutes and serve.

\*Recipe by Shawnte Loeri, PFSE Communications Associate