

# Vegan Lasagna

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-vegan-lasagna-recipe>

## Ingredients:

- 16 ounces lasagna noodles
- 38 ounces tomato sauce about a jar and a half
- 2 cups vegan mozzarella cheese
- 1 cup tomatoes about 3 medium
- 1 cup mushrooms
- 1 cup zucchini and/or summer squash
- 1 tablespoon olive oil for sauteing veggies, optional
- 3 cups spinach
- 1 cup crumbles vegan sausage, or diced small, you can also use beefless crumbles
- 14 ounces extra firm tofu drained and pressed
- 1 1/2 tablespoons nutritional yeast
- 1 tablespoon light olive oil
- 1 teaspoon salt
- 1 clove garlic or 1/4 tsp garlic powder
- 1 handful basil or 1 tbsp pesto or dried herbs
- 1 water splash, to thin it out if necessary.
- 16 ounces frozen spinach thawed with excess liquid pressed out of it.