

# Slow Cooker Vegan Lasagna Soup

Yield: 6 min  
Total Time: 255 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-lasagna-recipe-with-pesto>

## Ingredients:

- 4 1/2 cups vegetable broth
- 1 onion medium, diced
- 3 garlic cloves minced
- 3/4 cup brown lentils dried
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 14 ounces diced tomatoes
- 14 ounces crushed tomatoes
- 8 lasagna noodles broken into pieces
- 3 cups spinach leaves chopped
- 1 cup raw cashews soaked in water 4 to 8 hours, drained and rinsed
- 1/4 cup soy milk unflavored
- 1/4 pound extra firm tofu drained
- 4 tablespoons pesto prepared vegan, to taste
- 1 tablespoon lemon juice
- salt
- pepper

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 36 grams
3. Fat: 13 grams
4. Fiber: 12 grams
5. Protein: 17 grams
6. SaturatedFat: 2 grams
7. Sodium: 950 milligrams
8. Sugar: 7 grams

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