

## Christine's Lasagna

The ultimate nutritional mother lode for you and your family.

### Ingredients:

- 2 tablespoon olive oil
  - 1 onion, chopped
  - 3 or so cloves garlic, minced
  - 2 small-medium carrots, chopped
  - 1 lb ground chicken or turkey (\*vegetarians see Note 2 below)
  
  - 1 28-oz can tomato sauce (Muir Glen Organics Chunky Tomato Sauce works beautifully)
  - Half of a 15-oz can black beans, including liquid
  - 1 red or yellow bell pepper, chopped
  - 4-5 ounces frozen spinach, cooked according to package and drained (this is about half of a typical box of frozen spinach; cook entire box and freeze remaining half for a future batch of lasagna).
  - 1 teaspoon cumin
  - 1 teaspoon salt
  - ½ teaspoon black pepper
  
  - 1 14-oz package tofu, drained
  - 1 egg
  - More salt and pepper
  
  - 1 package no-boil lasagna (e.g. Barilla)
  - 8-16 oz shredded mozzarella cheese (depending on how cheesy you like it...we use 8 oz, but realize that may seem a little Puritan to some)
1. In a large pot, heat oil over medium-high heat. Add onion, garlic, and carrots and sauté about 5 minutes, until veggies start to soften. Add the ground meat and stir to break up chunks. Continue to cook until meat is mostly cooked through.
  2. Add the tomato sauce, black beans, bell pepper, spinach, and spices. Reduce heat to medium and let simmer, about 15-20 minutes.
  3. Preheat oven to 375 degrees. In a small bowl crush tofu with a fork and mix in egg. Sprinkle with salt and pepper.
  4. Taste the tomato sauce and add salt and pepper to taste if needed. In a 9 x 13 glass baking dish spread a couple of spoonfuls of sauce on the bottom and lay down first layer of lasagna strips (follow package instructions for number of strips per layer). Spread 1/3 of the tofu mixture across the strips, then 1/3 of the remaining sauce evenly across, then sprinkle with 1/3 of the cheese. Repeat this layering sequence twice.
  5. Cover pan with tin foil, set on a cookie sheet (to catch drips), and bake about 50 minutes. Uncover and bake about 5-10 minutes until cheese browns. Let stand about 10-15 minutes before cutting and serving.

Note 1: Feel free to substitute vegetables depending on what you have available. I just made a terrific batch substituting carrots and bell pepper with 1 zucchini (chopped) and 1 small box of mushrooms (sliced).

Note 2: Vegetarians can sub in other veggies for ground meat, but be sure to test and adjust salt in the sauce to account for increased water content.

Note 3: You need not obsess over draining liquids (beans, spinach, tofu); those liquids will help provide moisture for the no boil lasagna strips.