

Vegetarian Bolognese Lasagna

Ingredients:

Yield: 10 – 12

Bolognese Sauce

2 TBL Olive Oil
4 TBL Italian Butter
1 Medium Onion, chopped
2/3 cup Chopped Celery
2-3 Garlic Cloves, minced
12 oz. Quorn (meatless crumbles)
Himalayan Sea Salt
Black Pepper (ground fresh)
1 cup Goat Milk
1/8 tsp Whole Nutmeg
1 cup Dry White Wine
1 14.28 oz. Canned Imported Italian Plum Tomatoes (pressure cook and coarsely chopped with their juice)
1 TBL Italian Tomato Paste
½ cup Fresh Basil chopped
1/2 tsp Cayenne

Ricotta Mixture

2 TBL Fresh Parsley
2 tsp Himalayan Salt
¾ tsp Organic Ground Pepper
15 Ounces Ricotta Cheese
4 Ounces Goat Cheese
1 cup Italian Parmigiana
1 Pastured Raised Organic Egg beaten

Additional Ingredients

1 LB Fresh Italian Mozzarella Cheese
1 box (12 oz.) Lasagna Noodles (We used Cappello's Grain Free Noodles)

Directions:**Bolognese Sauce**

Defrost Quorn Meatless grounds

Put oil, butter and chopped onion in the pot and turn the heat on to medium. Cook onion until translucent about 2 to 3 minutes then add celery and garlic cook for an additional minute, stirring to coat.

Add Quorn Grounds, oregano, fresh basil, cayenne, a large pinch of salt and pepper. Crumble the Quorn Grounds with a utensil, stir well and fully cooked approximately 5 minutes.

Add goat milk and let simmer gently, stirring frequently until it bubbles away completely about 5 minutes. Add a tiny grating of the fresh nutmeg, about 1/8 tsp, stir in.

Add the wine, let it simmer until it has evaporated (approximately 10 minutes), then adding the tomatoes with their juice, stir thoroughly coating all ingredients together. When sauce begins to boil, turn the heat down, letting the sauce cook at a low simmer for about 2 hours or more, stirring from time to time. While sauce is cooking, watch to make sure that the sauce does not get to dry, if needed add water.

Lasagna

Preheat Oven 400 F

In a medium size bowl add Ricotta Cheese, Fresh Parsley, Pasteurized Organic Egg, Goat Cheese, Italian Parmigiana, ½ tsp Himalayan Salt, ¼ tsp Organic Ground Pepper, mix thoroughly with your hands.

In a rectangular baking dish, start the layering process, first add a ¼ of you sauce in bottom of pan, then add lasagna noodles, mozzarella cheese, ricotta cheese mixture, another layer of ¼ of sauce, add another layer of noodles, repeat two more times for a total of 4 of sauce 3 layers of pasta noodles. On top layer spread a layer of the remaining ¼ cup of parmigiana.

Put in oven and bake for 30 to 35 minutes.