

Vegetable Lasagne

Ingredients

Weight	Ingredients
450 g	onions (fresh)
225 g	mixed peppers (fresh, diced)
450 g	carrots (fresh, grated)
225 g	mushrooms (sliced)
200g	spinach (frozen, chopped)
250g	courgette (fresh, diced)
6 g	garlic (crushed)
6 g	mixed herbs
15 g	vegetable bouillon
25ml	vegetable oil
800 g	canned tomatoes
56 g	tomato puree
500 g	lasagne sheets
75 g	plain flour
75g	margarine
1250 ml	semi skimmed milk
225 g	Cheddar cheese



Method

1. Place the vegetables and crushed garlic in a pot with the oil and cook until soft.
2. Add the herbs, tomato puree and tomatoes.
3. Bring to the boil and simmer for 30-45 minutes.
4. Make a white sauce: blend the flour and bouillon with margarine, make a roux, mix into the milk, bring to the boil stirring all the time, and then add grated cheese.
5. In a large tray, layer the vegetable sauce, lasagne sheets and cheese sauce, ending with a layer of sauce.
6. Bake at 180C, 350F, Gas 4 for 45 minutes to 1 hour.

Notes

Servings

Population Group

Servings from recipe Juniors 7-10 yrs

20