

Delicious Veggie Lasagna

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This is an amazingly cheesy and delicious variation of our meat and red sauce lasagna. It has become a family favorite and can be made with a wide variety of veggies.

Ingredients:

- 1 Lb Lasagna Noodles
- 2 to 3 Cups each of the following Veggies (or others)
 - 6-12 oz Mushrooms
 - 10 - 12 oz Spinach (fresh or frozen)
 - 1 - 2 Onions
 - 4 Carrots - Shredded
 - 2 - 3 Cups Zucchini (chopped or shredded)
- 2 Lbs Ricotta
- 2 Lbs Shredded Mozzarella
- 1 Lb Parmesan Cheese - shredded

White Sauce Ingredients

- 1 Stick of Butter (4 oz)
- ½ Cup White Flour
- 4 Cups Milk (any variety: whole, 2%, skim)
- 1 - 2 Cups Parmesan Cheese
- Salt and Pepper to Taste
- 1/2 Cup Red Wine (optional)

DIRECTIONS:

Order of Prepping - Allow 2 Hours for assembly

1. Steam Veggies
2. Make White Sauce
3. Cook Lasagna Noodles
4. Assemble in Aluminum Pan (½ chafing dish size 12 ¾" x 10 ½" x 1 ½" deep)
5. Cook completed Lasagna

STEAM VEGGIES

Add 1 cup of water to an 8 Quart pot. Add all of your grated or sliced veggies. Steam until tender over a medium heat).

Place in the colander to drain off as much water as possible.

WHITE SAUCE

Melt one stick of butter (4 oz) over a medium heat.
Slowly stir in ½ cup of white flour until it turns into a paste.
Slowly add 2 cups of milk stirring with a whisk to break up the clumps.
Optional: Add ½ to 1 Cup of Red Wine

Keep stirring until the mixture is a little thicker than pancake batter.
Slowly add 1 Cup of Parmesan cheese - stirring the entire time.
Slowly add the last 2 cups of milk

Add Salt and Pepper to Taste

COOK LASAGNA NOODLES

Bring 8 quarts of water to a boil.
Add 1 Tbs of cooking oil to the water to keep the noodles from sticking together.
Cook noodles about 6 minutes (Al Dente - slightly undercooked. We cook 6 Lasagna noodles at a time to prevent sticking and over cooking.

Remove Noodles and place in a colander.
Rinse with cool water to stop noodles from overcooking.

ASSEMBLY

Step 1. In ½ Chafing dish aluminum pan (or similar sized pan) spread white sauce on the bottom of the pan - thoroughly cover it. **Note: Because of the final weight of the finished Lasagna we recommend using 2 lightweight aluminum pans or one heavier aluminum or baked enamel baking dish.**

Step 2. Lay Lasagna noodles lengthwise on the bottom of the pan. Be sure to overlap the noodles by at least ½ inch.

Cut noodles to fit the bottom of the pan if necessary.

Step 3. Divide your cooked veggies into 2 equal portions. Spread one portion in a layer evenly on top of the first layer of lasagna noodles.

Step 4. Sprinkle a layer of shredded Mozzarella cheese on top of the veggie layer.

Step 5. Spoon out thin clumps of Ricotta Cheese and lay them on top of the Mozzarella layer.

Step 6. Ladle out a thin layer of white sauce on top of the Ricotta Cheese layer.

Repeat Steps 2 - 5

THE TOP LAYER:

1. Lay down a 3rd layer of Lasagna Noodles
2. Ladle out a thin layer of white sauce on top of the noodles
3. Sprinkle a layer of shredded Mozzarella cheese on top of the white sauce
4. Sprinkle ½ cup of shredded Parmesan cheese on top of the Mozzarella cheese

OPTIONS: COOK OR FREEZE

COOKING INSTRUCTION:

1. Preheat oven to 350 degrees
2. Place the chafing dish onto a cookie sheet to prevent any liquid from overflowing out of the chafing dish and burning on the bottom of your oven.
3. Cover the chafing dish with aluminum foil to keep heat in.
4. Cook for 1 hour or until internal temperature reaches 160 degrees
5. Uncover and cook for an additional 10 minutes to allow the top layer of cheese to brown

FREEZING INSTRUCTIONS:

You can easily make several pans of lasagna and store it in the freezer to cook in the future.

We've done this a number of times for big events like weddings and Eagle Scout courts of honor.

To prepare for freezing we first cover the pan with plastic wrap, then with a layer of aluminum foil.

We started using plastic wrap because the acidity in tomato products from regular lasagna would eat through the aluminum foil.

But the plastic wrap also creates a better air-tight seal than aluminum foil - so this keeps frost from forming and minimizes the possibility of freezer burn.

IMPORTANT: If you do use the plastic wrap - remember to remove it before putting the pan in the oven.