



The Grown-Up Girls Guide to Looking Good and Feeling Great

Black Bean Lasagna Serves:12

Adapted from Trisha Yearwood recipe. *This recipe can be totally vegan, or you can use cheese.*

Ingredients

- Two 15-ounce cans fire-roasted diced tomatoes
- One 12-ounce can tomato paste
- 1 tablespoon dried oregano leaves
- 2 teaspoons salt, plus more for pasta
- 1/2 teaspoon black pepper
- 1/4 teaspoon garlic powder
- 1/2 teaspoon sugar (or to taste)
- 1 onion, finely chopped – yellow or red
- Two 15-ounce cans black beans, rinsed and drained
- 1/2 cup water
- 8 ounces lasagna noodles – make life easier and use the “no boil” variety – such as Barilla
- 1 recipe Tofu Ricotta, recipe follows

Directions Preheat the oven to 375 degrees F.

1. Prep the tofu: Drain any liquid from the block of tofu. Fold paper towels or a tea towel around the tofu and put it on a plate, then set a big heavy wrought iron skillet (or other heavy object) on top of it to press out the excess moisture. Allow to sit for about an hour to press.

2. In a large saucepan/pot, combine the tomatoes and their juices, tomato paste, garlic powder, salt, pepper, sugar, oregano, onions and black beans. Bring to a boil over medium-high heat, and then reduce the heat and simmer, uncovered, for about 30 minutes.

3. Meanwhile, if boiling noodles, bring a large pot of salted water to a boil. While waiting, prepare the Tofu Ricotta. Add the lasagna noodles and cook to al dente according to package directions. Drain the noodles well.

Spread 1 cup of the prepared sauce in a 9 x 13 x 2-inch baking pan. Then a layer of noodles, cheese*, sauce. Tip: If using “no boil” noodles, spread the tofu ricotta on dry noodles. So much easier!

Make three layers, ending with the sauce and make sure the noodles are completely covered or they will dry out during baking. Bake 30 minutes, covered, then uncover and bake approx. 15-20 minutes more. Allow the dish to stand for at least 15 minutes before cutting into squares and serving.

Tofu Ricotta:

1/4 cup raw cashews, finely ground

14 ounces extra-firm tofu, drained and pressed

1/4 cup nutritional yeast**

3 tablespoons olive oil

2 tablespoons finely chopped fresh basil, or 1 tablespoon dried basil

Salt and pepper

Add the cashews to a food processor and grind them. Then crumble in the tofu, and add the yeast,

olive oil and basil. If too dry, add more oil. Season with salt and pepper. Store in an airtight container in the fridge until ready to use. Keeps well for at least a week. Yield: about 2 1/2 cups.

***Notes:** *Not a vegan? You can add a light layer of grated Cheddar and Parmesan over the Tofu Ricotta layers and top the dish with a sprinkle of cheese.*

**** What is Nutritional Yeast?** Nutritional yeast is packed with nutrition, particularly B-vitamins, folic acid, selenium, zinc, and protein. It's low in fat, gluten-free (check specific brands for certification), and contains no added sugars or preservatives. Because *vitamin B12 is absent from plant foods unless it's added as a supplement*, nutritional yeast that contains B12, such as Red Star Vegetarian Support Formula, is a great addition to the vegan diet. You'll find it in the spice section at the grocery store.

How Do I Use It?

- Sprinkle it on popcorn.
 - Stir it into mashed potatoes.
 - Add a little to the cooking water for “cheesy grits” or polenta.
 - Sprinkle on any pasta dish.
 - Make almond “parmesan” by blending nutritional yeast with raw almonds in a food processor.
 - Add a tablespoon or two to bean dishes to enhance flavors.
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