



Black Bean Lasagna

 Vegetarian  Dairy Free

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READY IN

ready

175 min.

SERVINGS

servings

12

CALORIES

calories

244 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 30 ounce black beans rinsed drained canned
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 14 ounces extra-firm tofu pressed drained see Cook's Note
- ☐ 2 tablespoons basil dried fresh finely chopped
- ☐ 0.3 teaspoon garlic powder
- ☐ 8 ounces lasagna noodles
- ☐ 0.3 cup nutritional yeast

- ☐ 3 tablespoons olive oil
- ☐ 1 small onion finely chopped
- ☐ 1 tablespoon oregano leaves dried
- ☐ 0.3 cup cashew pieces raw finely
- ☐ 2 teaspoons salt plus more for pasta
- ☐ 12 servings salt and pepper
- ☐ 12 ounce tomato paste canned

Equipment

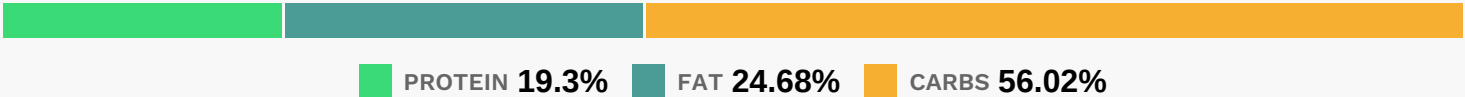
- ☐ food processor
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ In a large saucepan, combine the tomatoes and their juices, tomato paste, garlic powder, salt, pepper, 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.
- ☐ Meanwhile, bring a large pot of salted water to a boil.
- ☐ 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- by 13- by 2-inch baking pan. Make three layers each of noodles, sauce and Tofu Ricotta. End with the sauce and make sure the noodles are completely covered or they will dry out during baking.
- ☐ Bake for 45 minutes, uncovered. Allow the dish to stand for 15 minutes before cutting into squares and serving.
- ☐ Add the cashews to a food processor and grind them. Then crumble in the tofu, and add the yeast, olive oil and basil. Season with salt and pepper. Store in an airtight container in the

fridge until ready to use. Keeps well for at least a week.

Nutrition Facts



Properties

Glycemic Index:19.27, Glycemic Load:6.9, Inflammation Score:-7, Nutrition Score:11.373478319334%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 244.38kcal (12.22%), Fat: 6.81g (10.48%), Saturated Fat: 1g (6.26%), Carbohydrates: 34.78g (11.59%), Net Carbohydrates: 27.08g (9.85%), Sugar: 3.84g (4.26%), Cholesterol: 0mg (0%), Sodium: 609.03mg (26.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.99g (23.97%), Fiber: 7.71g (30.82%), Manganese: 0.55mg (27.39%), Iron: 3.76mg (20.87%), Selenium: 14.18µg (20.25%), Vitamin K: 18.73µg (17.83%), Copper: 0.32mg (16.22%), Phosphorus: 143.35mg (14.34%), Magnesium: 55.42mg (13.85%), Folate: 55.35µg (13.84%), Calcium: 124.27mg (12.43%), Potassium: 414.63mg (11.85%), Vitamin B1: 0.15mg (10.26%), Vitamin C: 6.17mg (7.48%), Vitamin B2: 0.13mg (7.36%), Vitamin B6: 0.14mg (7.11%), Vitamin E: 1.05mg (7.03%), Vitamin A: 341IU (6.82%), Zinc: 0.96mg (6.43%), Vitamin B3: 1.21mg (6.05%), Vitamin B5: 0.34mg (3.36%)