

Vegetarian Lasagna - (recipe for 4 people)



Ingredients:

- Lasagna sheets
- 2 onions, diced
- 4 cloves of garlic, finely chopped
- 1 carrot, finely diced
- ½ courgette, diced
- 1 pepper, finely diced
- 3 tbsp tomato puree (concentrated)
- 1 jar of tomato sauce (about 500 ml)
- 1 jar cooked lentils (about 400 grams), rinsed
- 1 bag of grated cheese
- 1 tsp ground cumin
- 1 tsp ground paprika
- 1 tsp oregano
- 1 tsp basil
- pepper /salt to taste

Instructions:

1. Preheat the oven to 200 degrees Celsius.
2. Fry the onion and garlic for about 5 minutes in a little oil until the onion is translucent, and add the rest of the vegetables. Fry for another 5 - 8 minutes.

3. Add the tomato paste and cook for another 2 minutes. Then add the lentils, tomato sauce and spices. Mix together and simmer for 5 - 10 minutes.



4. Oil a lasagna dish and place a layer of sauce on the bottom. Cover it with a few lasagna sheets and repeat until you run out of sauce. Make sure you finish with the sauce! Put the grated cheese on top and put it in the oven for 30-35 minutes.



5. Remove the dish from the oven. Let it cool for about 10 minutes before cutting it.



6. Enjoy!