

## One of our lovingly created Kindred Recipes!

### Vegetable Lasagne

#### Ingredients

(Based on Family of 4)

- ✓ 250g Assorted vegetables e.g. carrots, onions, celery, mushrooms, peppers, peas, sweetcorn, spinach and leeks
- ✓ 1 Garlic
- ✓ Oregano
- ✓ Basil
- ✓ 75g Lentils
- ✓ 6 Lasagne sheets
- ✓ 250ml Vegetable stock
- ✓ 315g Chopped tomatoes
- ✓ 35g Plain flour
- ✓ 35g Stork
- ✓ ½ Pint of milk
- ✓ 65g Grated cheese

#### Method

- ✓ Fry off the vegetables, then add herbs and fry a little more.
- ✓ Add the tomatoes, lentils and stock. Simmer until all the veg is cooked and the lentils have soaked up all the stock.
- ✓ To make the white sauce melt the stork, add the flour and mix thoroughly. Gradually add the milk over a low heat stirring continuously to make a creamy white sauce.
- ✓ Layer the lentil mixture with the lasagne sheets, topping with a layer of white sauce and cheese.
- ✓ Bake at 200 degrees for around 45 minutes.
- ✓ Serve and enjoy!