



Plant Based
RECIPES

LASAGNA SOUP
with
Mozzarella



VEGANUARY
TRY VEGAN THIS MONTH

You will need

1 clove of garlic

½ red onion

50gr of mushrooms

50 gr of carrots

2 tbsp of oil

Salt and black pepper to taste

½ l vegetable stock

½ l marinara sauce

50 gr mozzarella

2 lasagna sheets



Method

In a soup pot add oil and start by cooking the garlic, onion, carrots and mushrooms

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Season with salt and black pepper and cook for 5 minutes

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Now add in the stock and marinara sauce
When its starts boiling add in the lasagna sheets

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Lower the heat and cook until ready

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Serve with mozzarella

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SERVES



PREP TIME



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