



VEGETARIAN PLANTAIN LASAGNA

INGREDIENTS

14 oz. Plant-Based Ground
2 T vegetable oil
1 T Sazon seasoning
1 T adobo seasoning
Sofrito: dice all vegetables below, mix well
1 small yellow onion, 3 cloves garlic,
1 small green bell pepper, and
1 handful cilantro
4 ripe plantains
6 oz. can tomato paste
½ cup black pitted olives, chopped
& drained
¼ cup capers, drained
1 cup shredded mozzarella cheese*
Egg white* wash

* or your favorite vegan alternative

TIME: 40 mins (Prep Time 10 mins / Cook Time 30 mins) **SERVES:** 6-8 **TYPE:** Vegetarian

INSTRUCTIONS

- 1 Preheat oven to 350° F. Grease a casserole dish and set aside.
- 2 Place the plant-based ground in a bowl, mix in sazon and adobo seasonings, then set aside.
- 3 In a large skillet, add 1 T oil and sauté the sofrito: onion, garlic, bell pepper and cilantro until soft and translucent. Add ground to pan and cook for 5 minutes, breaking into crumbles as you stir.
- 4 Add the tomato paste, olives and capers and mix well. Simmer for 5 minutes.
- 5 Cut ends off plantains. Remove skin. Slice each plantain into 4 strips. Fry both sides until golden in 1 T vegetable oil.
- 6 Layer the bottom of casserole dish with 4 strips of plantain, brush on egg wash. Spoon some of ground mixture evenly on top of the plantain layer. Sprinkle cheese onto ground and repeat steps until all ground and plantains are layered.
- 7 Final layer: strips of plantain wiped with egg white wash, and covered with cheese.
- 8 Bake 20 minutes or until golden brown. Enjoy!

QUICK TIP



Be sure plantains are ripe, yellow with brown spots...Not green

Before
the butcher™