

# Vegetarian Keto Lasagna with Mushroom Ragu



A vegetarian dream, this full-flavored keto lasagna replaces meat with a rich mushroom ragu which results in a hearty low carb family friendly meal. Bake or cook in the slow cooker.

<b>Course</b>	Dinner
<b>Cuisine</b>	Italian
<b>Prep Time</b>	30 minutes
<b>Cook Time</b>	50 minutes
<b>Rest Time</b>	10 minutes
<b>Total Time</b>	1 hour 30 minutes
<b>Servings</b>	8
<b>Calories</b>	347kcal
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## Equipment

- 9x13 inch lasagna pan (or slow cooker)
- 2 large sheet pans
- cutting board
- chef's knife
- medium saute pan or skillet
- measuring cups and spoons
- Bowl

## Ingredients

- 1 large eggplant (1 1/2 pounds)
- 3 tbsp olive oil (divided use)
- 1 pound mushrooms rinsed and wiped
- 3 cloves garlic sliced
- 1/2 tsp dried basil
- 1 1/2 cup Marinara Sauce
- 15 oz whole milk ricotta cheese
- 3 cups grated mozzarella cheese (divided use)(12 oz)
- 1/2 cup (30 g) Parmesan cheese,
- 1 large egg beaten

## Instructions

### Eggplant (Preheat oven to 400F)

1. Cut off a thin slice from the bottom and cut off the top of the eggplant. (I angle the knife under the leaves and cut them off, exposing more of the eggplant to decrease waste before cutting.) Place the eggplant standing up on the cutting board, holding the top with the fingers of one hand. Carefully cut the eggplant from top to base with a slight sawing motion, starting at the side of the eggplant. You want 8 slices about 1/4 inch thick.
2. Grease two large cookie sheets with 1 tbsp of oil each. Lay 4 slices of eggplant per sheet. Bake for 6-8 minutes per side then, flip, then bake for an additional 6-8 minutes. Set aside.

## **Mushrooms Ragu**

1. While the eggplant cooks, place the mushrooms in a food processor fitted with a metal blade and chop until roughly the size of peas. There will be bigger and smaller pieces. (Or chop by hand.)
2. Slice the garlic and put it in a medium saute pan. Add 1 tbsp olive oil, turn the heat to medium and saute the garlic until slightly softened and the oil is flavored. Add the mushrooms and cook to remove as much moisture as possible. Add 1 cup of Marinara sauce and the dried basil. Stir and simmer until the sauce thickens. (Cook until almost dry if using a slow cooker.) Remove from heat.

## **Ricotta Cheese**

1. While the sauce simmers, scoop the ricotta cheese into a 4 cup bowl. Add the egg and stir with a fork to combine. Stir in 1 ½ cup of mozzarella cheese and ⅓ cup parmesan cheese.

## **Layer**

1. Spread 1/2 cup sauce in the bottom of the lasagna pan, then add 4 slices of eggplant. Spread the half the ricotta cheese mixture over the eggplant. Spoon and spread half the mushroom ragu over the ricotta cheese. Repeat the layers and top with remaining mozzarella and Parmesan cheese.

## **Bake (Preheat oven to 350F)**

1. Place a piece of parchment over the lasagna to prevent the acid in the sauce from reacting with the aluminum foil. Cover tightly with foil and bake at 375 covered for 30 minutes, then 10 minutes uncovered. Let the lasagna sit 10-15 minutes before cutting into 8 equal pieces and serving.

## **Slow Cooker**

1. Spray the slow cooker sleeve with non-stick cooking spray. Follow the instructions except layer the eggplant lasagna ingredients in the slow cooker. Cover with lid and cook on high power for 2-3 hours or until a knife inserted into the lasagna meets little resistance. Turn the slow cooker off and let the lasagna sit covered, for 30 minutes to an hour to absorb excess liquid. Cut and serve.

2. **SERVES 8. EACH SERVING IS 8g NET CARBS.**

## **Nutrition**

Serving: 1 eighth of casserole | Calories: 347kcal | Carbohydrates: 11g | Protein: 21.55g | Fat: 24.64g | Saturated Fat: 11.74g | Polyunsaturated Fat: 0.83g | Monounsaturated Fat: 5.67g | Cholesterol: 89mg | Sodium: 523mg | Potassium: 298mg | Fiber: 3g | Sugar: 4.44g | Vitamin A: 5775IU | Vitamin C: 20mg | Calcium: 4208mg | Iron: 8.4mg