

# RECIPE

Total Time 50mins

## INGREDIENTS

1 diced onion  
1 can condense tomato soup  
2 crushed garlic cloves  
Large packet of spinach diced  
300g sliced mushrooms  
2 tbsp oregano  
2 tbsp parsley  
Lasagna sheets  
2 ¼ cup of pumpkin cubed  
200g grated cheese  
parmesan

## METHOD

1. Boil cubed pumpkin until soft
2. In a fry pan use a little olive oil and fry the onions, garlic till soften, then add the herbs and cook until aromatic
3. In a separate bowl mix diced tomato's, soup, spinach herbs and pumpkin
4. In a large lasagna dish layer mixture, lasagna sheets, cheese continue by ending with mixture on top. Then cover the top with diced mushrooms and parmesan cheese.

## SHOPPING LIST

Onion  
Can tomatos  
Can tomato soup condensed  
Garlic  
Spinach  
Mushrooms  
Oregano  
Lasagna sheets  
Pumpkin  
Grated tasty cheese  
parmesan