

Slow Cooker Vegetable Lasagna



I'm excited to share my slow cooker vegetable lasagna—an ultra-comforting dish that's as easy as it is delicious! I love making it on days when I want a hearty meal with minimal effort—your slow cooker does all the work.

Preparation 15 min

Cooking 300-360 min

Servings 6

Nutrition Facts (per serving)

Calories 475

Fat 26

Carbohydrates 20

Fibre 6

Protein 40

Sodium 900

Ingredients

- 1 recipe of [tofu ricotta](#)
- 1.2 L (5 cups) [meat](#) or [vegetarian](#) spaghetti sauce, homemade or store-bought
- 1 eggplant, sliced into 5 mm (½ inch) rounds
- 15 ml (1 tbsp) pesto
- 1 medium zucchini, sliced into 5 mm (½ inch) rounds

- 60 ml (¼ cup) grated Parmesan cheese

Preparation

1. Arrange the eggplant slices on a baking sheet or large plate. Generously sprinkle with salt to draw out moisture. Let sit for about 10 minutes, then blot the excess water with a paper towel.
2. Spread a thin layer of spaghetti sauce over the bottom of the slow cooker.
3. Add a layer of eggplant slices, then spread about 1 tsp of pesto on top. Follow with a layer of zucchini slices and a layer of mushrooms, evenly distributed.
4. Spread another layer of sauce and sprinkle with Parmesan cheese.
5. Repeat the layers, alternating vegetables, pesto, sauce, and Parmesan until all ingredients are used, finishing with a top layer of sauce and Parmesan.
6. Cover and cook on low for 5–6 hours, until the vegetables are tender.

Notes

Store in an airtight container in the refrigerator for up to 5 days. Can be frozen for up to 3 months.

Nutritional values may vary depending on the sauce used.



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