

VEGAN PASTELÓN (PLANTAIN LASAGNA)



Yield: 6 servings

INGREDIENTS

4 yellow plantains
4 tablespoons olive oil divided
2 packages of Beyond Burger crumbled or 1 package vegan beef crumbles
½ red onion diced
2 tablespoons [recao](#)
8 olives
2 garlic cloves minced
½ can tomato sauce
[sazón](#) seasoning for sprinkling
adobo seasoning for sprinkling
1 can worth aquafaba (brine from a can of chickpeas)
1 can French green beans
1 bag vegan mozzarella cheese for sprinkling

DIRECTIONS

1. Peel and slice each plantain in half. Thinly slice each half lengthwise into strips.
2. Preheat oven to 400°F.
3. Take 2 tablespoons of oil and brush both sides of each plantain strip.
4. Place the plantain strips on a baking sheet and bake for 20 minutes.
5. Remove from oven and set aside.
6. Heat a pan over medium heat and sauté the onions, recao and garlic for 5 minutes.
7. Add the olives and tomato sauce and continue to cook for another 5 minutes.
8. Add the crumbled vegan beef and cook for 10 minutes. If it starts to dry out add a little bit of water.
9. Preheat oven to 350°F.
10. Lightly coat a baking pan with olive oil or refined coconut oil.
11. Line up some of the plantain strips on the bottom of the pan to form a layer. Make sure the strips cover the bottom of the pan.
12. Sprinkle a layer of vegan mozzarella cheese to cover all of the plantain strips.
13. Spread some of the vegan meat mixture on top of the cheese to cover it.
14. Spread some of the green beans throughout the layer.
15. Repeat steps 10-13 until all of the vegan meat mixture is used. Top the pastelón with a layer of plantains and cheese.

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DIRECTIONS

16. In a small bowl mix add the aquafaba and sprinkle some sazón and adobo and mix together.
17. Pour the aquafaba mixture over the entire pastelón making sure it goes through to the bottom of the pan.
18. Cover the pan with aluminum and bake for 30 minutes.

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