

Lasagna with minced beef



75g	Pasta
25g	Onions
10g	Flour
8g	Olive oil
	Spices
200g	Strained tomatoes
13g	Milk
8g	Butter
125g	Minced beef
100g	Cheese

Lasagna vegan



75g	Pasta
25g	Onions
10g	Flour
8g	Olive oil
	Spices
200g	Strained tomatoes
13g	Soy-Drink
8g	Margerine
70g	Eggplant
70g	Mushrooms
70g	Tofu
100g	Vegan Cheese