









VEGAN MEATLOAF

SERVES: 4 (one 2-in. slice each) **Prep Time:** 15 min. **Cooking Time:** 1 hr. 9 min.

CONTAINER EQUIVALENTS (per serving):  1  3  1

VEGAN CONTAINER EQUIVALENTS (per serving):  1  ½  1  1  1

2½ cups	reduced-sodium vegetable broth, <i>divided use</i>
½ cup	dry brown lentils, rinsed
⅓ cup	dry quinoa, rinsed, drained
1 cup	chopped onion (approx. 1½ medium onion)
½ cup	chopped celery (approx. 1 medium stalk)
½ cup	chopped carrot (approx. 1 medium carrot)
3 cloves	garlic
1 Tbsp.	olive oil
1 Tbsp.	tomato paste
1 tsp.	dried thyme
1 tsp.	chili powder
¾ tsp.	sea salt (or Himalayan salt)
½ tsp.	ground black pepper
2 Tbsp.	Worcestershire sauce, vegan, gluten-free
½ cup	gluten-free bread crumbs
2 Tbsp.	ground flaxseed
2 Tbsp.	nutritional yeast
1 Tbsp.	reduced-sodium tamari soy sauce
½ cup	all-natural ketchup


1. Preheat oven to 375° F. Line loaf pan or small baking dish with parchment paper. Coat with cooking spray.
2. Add 2¼ cups broth and lentils to a large saucepot. Bring to a boil, then reduce to a low boil; cook for 20 minutes.
3. Stir in quinoa; simmer, partially covered, for 12 minutes.
4. Add onion, celery, carrot, and garlic to a blender or food processor; cover. Pulse until finely chopped.
5. Heat oil in large skillet over medium-high heat; cook vegetable mixture 4 to 5 minutes, or until lightly browned. Add tomato paste, thyme, chili powder, salt, and pepper. Cook, stirring frequently, for 1 to 2 minutes.
6. Remove from heat; stir in *remaining* ¼ cup vegetable broth and Worcestershire sauce. Set aside to cool for 5 minutes.
7. Combine lentil mixture, vegetable mixture, bread crumbs, flaxseed, nutritional yeast, and tamari in a large mixing bowl (be sure everything is cool enough to handle). With clean hands, mix ingredients until a sticky, moldable mixture forms.
8. Add mixture to prepared loaf pan or baking dish, packing mixture in tightly to ensure no air pockets and a smooth level surface. Spread ketchup over top. Cover with foil; bake for 30 minutes.
9. Remove foil; bake for 5 minutes. Rest 15 minutes before slicing.
10. Serve immediately, or store refrigerated in an airtight container for up to 3 days.


SPECIAL EQUIPMENT:


Parchment paper

Nonstick cooking spray

NUTRITIONAL INFORMATION (per serving): Calories: 354 Total Fat: 9 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 528 mg Carbohydrates: 58 g Fiber: 9 g Sugars: 13 g Protein: 12 g

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