

Meatless Loaf

Serves 6-8: Yields one 8-inch loaf

Ingredients:

- 1 $\frac{3}{4}$ cups uncooked red lentils (yields 4 to 4.5 cups cooked lentils)
- 5 $\frac{1}{2}$ cups water
- 2 tablespoons extra-virgin olive oil
- 1 yellow onion, finely chopped
- 3 garlic cloves, minced
- $\frac{1}{2}$ cup tomato paste
- 3 cups cremini mushrooms (first measure whole, then finely chop)
- 3 tablespoons balsamic vinegar
- 3 tablespoons Bragg Liquid Aminos
- $\frac{3}{4}$ cup flaxseed meal
- $\frac{1}{2}$ cup raw walnut pieces
- $\frac{1}{2}$ cup organic rolled oats
- $\frac{1}{4}$ cup chopped fresh oregano, or 2 tablespoons dried.
- Olive oil or coconut oil spray, for loaf pan

Directions:

1. Preheat oven to 350 degrees F. Lightly coat 8-inch pan with coconut oil or olive oil cooking spray and set aside.
2. In a large stockpot, combine the lentils and water and bring to a boil. Reduce the heat and simmer for about 35 minutes, or until the lentils are a little mushy and slightly overcooked. Strain the lentils if needed.
3. In a separate large stockpot, warm the olive oil over medium-low heat. Add the onion and minced garlic and cook for about 8 minutes (do not let the garlic brown). Add the tomato paste and cook for 3 minutes, stirring with a spatula or wooden spoon. Add the

chopped mushrooms and continue to cook over medium heat, until liquid evaporates, 6 to 8 minutes, then turn the heat off.

4. Add the lentils to the pot and then fold in well. Using a potato masher, slightly mash the lentils into the mixture. Let the mixture cool slightly, then add the balsamic vinegar, Bragg Liquid Aminos, and flaxseed meal. Fold in the oats, walnut pieces, and oregano.
5. Transfer the mushroom-lentil mixture to the prepared loaf pan and cover with aluminum foil. Bake 30 minutes, or until completely set and cooked through. Remove the foil and cook for an additional 20 minutes. Remove from the oven and set aside to cool.
6. Once the loaf is completely cool, transfer it to a clean work surface and slice it into $1\frac{1}{2}$ inch pieces. Serve topped with chutney or barbecue sauce. Save the loaf in an airtight container in the fridge for up to 1 week.