



## NOT YOUR MAMA'S LENTIL LOAF

This recipe takes the oftentimes unfavorable nostalgia of meatloaf to a welcomed new place. You definitely won't miss the meat in this savory, mouthwatering dish, and it pairs perfectly with our Mac & Cheese - Hold the Cheese recipe.

### INGREDIENTS

- Olive oil for cooking veggies
- 1 small onion, diced
- 8 oz mushrooms, diced fine
- 1 med. carrot, peeled & diced small
- 1.5 cups raw walnuts
- 2 cups cooked green lentils, well drained/patted dry
- 2 TBS ground flaxseeds
- 2 TBS ketchup
- 2 TBS vegan/Annie's Worcestershire
- 1/2 tsp salt
- 1 tsp dried thyme
- 1/2-3/4 cup breadcrumbs

### TOPPING

- 1/2 cup ketchup
- 1 TBS maple syrup
- 1 tsp vegan/Annie's Worcestershire

### INSTRUCTIONS

- Preheat oven to 350° F and line a standard loaf pan with parchment paper for easy removal
- Heat large sauté pan over medium heat. Once hot, add a swirl of olive oil, onions, mushrooms and carrots. Cook, stirring frequently for ~5 minutes until mushrooms release their juices. Remove from heat & set aside.
- In a food processor, pulse the walnuts a few times. Add lentils and pulse again a few times. Do not over pulse or it will change the consistency of your loaf.
- Put the mixture into a large mixing bowl & add the cooked veggies, ground flaxseeds, ketchup, Worcestershire, salt and thyme. Mix with a wooden spoon. Fold in a 1/2 cup of breadcrumbs. Add the last 1/4 cup if the mixture still seems wet. If dry, don't add more.
- Transfer to the prepared pan and press the mixture evenly and firmly into the pan. Cover with foil and cook in the oven for 30 minutes.
- Now make the topping. Simply combine and stir all ingredients in a small bowl.
- After 30 minutes, remove the foil, spread the topping and cook uncovered for another 10 minutes. Let cool for 15-20 minutes before slicing and serving.