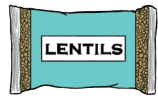




Vegan Lentil Loaf

Bake a hearty vegan loaf packed with flavor!

Ingredients



1 cup dried brown or green lentils



2 Tbsp ground flaxseed



6 Tbsp water



1 small onion



1 carrot



small bunch fresh parsley



1 Tbsp olive oil



1 tsp dried thyme



½ tsp garlic powder



¼ tsp black pepper



1 tsp kosher salt



1 Tbsp vegan Worcestershire sauce



¾ cup rolled oats



½ cup breadcrumbs



2 Tbsp + ¼ cup ketchup



2 Tbsp brown sugar

Steps

- 1 Preheat oven to 350°F. Grease loaf pan with cooking spray.
- 2 Cook lentils according to package directions. Measure 2 ½ cups cooked lentils. Set aside.
- 3 Create a flax egg. In a small bowl, mix flaxseed and water. Set aside for 5 minutes to thicken.
- 4 Cut away ends of onion, peel, and grate on large holes of box grater. Add to medium bowl.
- 5 Grate carrot on large holes of box grater. Add to onion. Set aside.
- 6 Cut stems away from parsley and finely mince. Measure 2 Tbsp and add to small bowl.
- 7 Heat oil in skillet over medium heat. Add onion, and carrot. Cook until softened, about 5-7 minutes.
- 8 Add parsley, thyme, garlic powder, salt, and pepper. Cook 1 minute. Set aside.
- 9 Add 2 cups lentils to large bowl. Use a masher to crush into small pieces.
- 10 Add remaining ½ cup whole lentils, flax egg, cooked vegetables, vegan Worcestershire, oats, breadcrumbs, and 2 Tbsp ketchup to mashed lentils.
- 11 Add lentil mixture to loaf pan. Use your hands to pat into an even layer.
- 12 Add brown sugar and ½ cup ketchup to small bowl. Mix to combine. Spread ketchup mixture evenly over lentil loaf.
- 13 Bake 50 minutes. Cool 10 minutes. Slice to serve. TASTE & SHARE!