

VEGAN LENTIL LOAF

SAUTE

1 TBS OLIVE OIL
3 SHALLOTS OR 1 ONION FINELY CHOPPED
1 CUP CHOPPED PORTABELLO MUSHROOMS

ADD

¼ CUP FRESH CHOPPED PARSLEY
2 TBS FRESH ORGANO
2 TBS FRESH BASIL
¼ CUP CHOPPED CELERY
4 LEAVES CHOPPED FRESH SAGE
½ TSP HOT PEPPER FLAKES

MIX TOGETHER IN A BOWL AND ADD THE ABOVE INGREDIENTS

2 CUPS COOKED LENTILS
1 CUP COOKED BROWN RICE
½ CUP BREAD CRUMBS
½ CUP QUICK RAW OATS
1TBS WW FLOUR
1TBS EGG REPLACER
½-1 TSP GARLIC POWDER
1 RED PEPPER FINELY CHOPPED
1 TBS CHICKEN STYLE SEASONING

PRESS INTO A SPRAYED OR OILED LOAF PAN

BAKE AT 325 DEGREES COVERED FOR 45 MINUTES THEN FOR 25 MINUTES
UNCOVERED UNTIL FIRM AND GOLDEN BROWN. SERVE WITH A GINGERED
BARBECUE SAUCE

SAUCE

COOK TOGETHER, SIMMER FOR 10 MINUTES

1 15OZ CAN TOMATO SAUCE OR BLENDED TOMATOES
5 OZ ALL FRUIT POLANER FRUIT SPREAD
2 TBS FRESH GINGER FINELY GRATED (PEEL FIRST)
½ TSP ALL SPICE
3 TBS RAW SUGAR (CAN USE STEVIA)
2 TBS BARBECUE SAUCE (OPTIONAL)