

Lentil Loaf

A healthy, high fiber, low fat “meatloaf” that can be used for burgers, and kebabs as well

- 1. 2 cups cooked green lentils (3/4 cup raw)**
- 2. 1/2 medium onion - diced**
- 3. 1/2 cup carrots diced**
- 4. 1/2 cup celery diced**
- 5. 8 oz sliced mushrooms**
- 6. 4 Tbs tomato paste**
- 7. 2 Tbs soy sauce**
- 8. 1 Tbs Worcestershire sauce**
- 9. 1 1/4 tsp thyme**
- 10. 1/2 tsp salt (adjust per flavor/needs)**
- 11. 1 tsp black pepper**
- 12. 1 1/2 cups of rolled oats - divided**

Glaze: 1/2 cup ketchup, 1 Tbs maple syrup, 1 tsp mustard, 1 tsp apple cider vinegar

Adapted from “Linda’s Lentil Loaf”

<https://www.nusci.org/recipes/59-main-dishes/447-linda-s-lentil-loaf>



Directions:

Preheat oven to 375F and mix together glaze ingredients and set aside

In a large non-stick skillet, water sauté the vegetables until tender

Process the cooked vegetables with 1 1/4 cups cooked lentils, 1/2 cup oats, tomato paste, soy sauce, Worcestershire sauce, thyme, salt, and pepper, until combined and chunky, but not pureed.

Add the mixture to a large mixing bowl and add the remaining oats and lentils and stir to combine; add a drop of water if needed to get a dough like consistency.

Form the dough into a loaf like shape and cover with 1/2 the glaze.

Bake for 30 minutes, cover with the rest of the glaze.

Bake an additional 10-15 minutes until ready