

Lentil Loaf



INGREDIENTS:

- 1-2 tablespoons olive oil*
- 1/2 yellow onion, small diced
- 1/2 green bell pepper, small diced
- 2 garlic cloves, minced
- 2 cups brown lentils, cleaned and uncooked
- 1 tablespoon dried thyme
- 4-6 cups, divided, veggie stock
- 2-3 bay leaves
- 1 tsp smoked paprika
- 1 cup bread crumbs
- 3 tablespoons aquafaba**
- 1-2 tablespoons vegan Worcestershire sauce
- few shakes of liquid smoke
- kosher salt, to taste
- ground black pepper, to taste

**Saratoga Garlic Olive Oil*

DIRECTIONS:

1. Prep meatloaf pan*** with non-stick spray. Preheat oven to 350F.
2. Add olive oil to saute pan over medium heat. Saute onion and peppers until softened, about 5 minutes. Add garlic and cook until fragrant, about 30-60 seconds. Set aside.
3. Meanwhile, place lentils, thyme, enough stock to cover lentils by 2-3 inches, bay leaves, garlic, and paprika in a medium sized-pot and bring to a boil. Reduce and simmer over low-medium heat. Cook until desired tenderness and until almost all water is absorbed (remember: this is meant to simulate ground meat; so I suggest 15 minutes).
4. Remove bay leaves from lentils. Add lentils to a medium-sized bowl. Add cooked onion, pepper, and garlic mix. Add bread crumbs, aquafaba, Worcestershire sauce, liquid smoke, and salt and pepper to taste.
5. Place in meatloaf pan and smooth surface with the back of a spoon.
6. Top with glaze (see below) if desired.
7. Bake for 20-30 minutes or until inserted toothpick comes out just moist. Allow to rest for 5-10 minutes. Loaf will continue to firm up as it cools down.

**Substitute one "flegg" for aquafaba": 1 tablespoon ground flaxseed mixed in 2-3 tablespoons of water. Refrigerate 10 minutes, then add to lentil mix. (If using this, make before you prep pan and heat oven.)

***Make mini-meatloaves by using small cheesecake springform pans (or ramekins) for individual portions.

Glaze

INGREDIENTS:

- 1/2 cup ketchup
- 1 tablespoon yellow mustard
- 1 teaspoon light brown sugar

DIRECTIONS:

1. Mix all ingredients in a small bowl, until well-blended and sugar is dissolved. Use the back of a spoon or a pastry brush to lightly spread on top of loaf.
2. Bake for at least 30 minutes, until a toothpick or knife comes out almost dry. Allow to rest in pan for 10-minutes before removing or releasing springform pan and cutting.