

## 'Meatless Meatloaf'



### Ingredients:

2 tbsp extra virgin olive oil  
8 oz cremini mushrooms, sliced  
13-16 oz onion, chopped  
3 tbsp tomato paste  
3 tsp garlic minced  
15 oz tempeh  
1/2 cup walnut halves  
3 tsp garlic minced  
1/4 cup brown lentils, dry  
1 1/4 cup oat flour  
2 tbsp Worcestershire sauce, vegan  
1/4 tsp dried oregano  
1/4 tsp sea salt  
1/4 tsp black pepper  
1 tbsp apple cider vinegar  
1/4 tsp basil, dried  
1/4 tsp parsley, dried  
1/4 tsp thyme, dried  
5 tbsp water  
2 tbsp flaxseed meal

### Preparation

1. Heat the oven to 350° F and line a standard loaf pan (8.5 x 4.5 x 2.75 inches) with parchment paper. Lightly grease with cooking spray.
2. Prepare flax eggs (vegan egg substitute) by combining flaxseed meal and water in a small bowl. Let sit while you prepare the rest of recipe.
3. Heat oil in tilt skillet over medium-high heat. Once hot, add the mushrooms and onion; cook 7 to 8 minutes, stirring occasionally, until the mushrooms are golden and the onions soft.  
Stir in the tomato paste and garlic; cook 3 to 5 minutes, until the tomato paste turns brick red. (This helps unlock its full flavor potential.)
4. Remove the pan from the heat and let the mixture slightly cool.

5. Meanwhile, place tempeh and walnuts in a food processor. Pulse the mixture 8 to 10 times, or until finely chopped. Do *not* puree.
6. Add the mushroom mixture and cooked lentils to the food processor. Pulse the mixture, stopping every 3 pulses to remove the lid and stir to make sure every component is getting broken down. Continue pulsing, stopping, and stirring until the mixture comes together but is *not* pureed. (It's important to maintain some texture to ensure that the meatloaf isn't mushy. Ideally, you'll still have some whole lentils in the mixture.)
7. Once ideal consistency is achieved, transfer mixture to a bowl. Add oat flour, vegan Worcestershire sauce, basil, thyme, oregano, parsley, salt, pepper, and flaxseed meal. Stir well until all ingredients are combined, and transfer to prepared loaf pan.
8. Gently press the mixture in the pan to create an even loaf.
9. Bake uncovered for 45 to 50 minutes, or until golden brown on the edges and slightly dry to the touch. Remove from oven and let rest for 10 to 15 minutes in the pan. Use the parchment paper to lift the loaf out of the pan.

### **Nutritional Analysis per Serving**

Yield: 6 12-oz servings. Calories: 360 | Serving size: 12 oz | Calories: 360 | Total Fat: 21 g | Saturated Fat: 6 g | Cholesterol: 0 mg | Sodium: 140 mg | Total Carbohydrate: 30 g | Dietary Fiber: 5 g | Total Sugars: 2 g | Protein: 22 g | Vitamin D: 0.05 µg | Calcium: 119.4 mg | Iron: 4.1 mg | Potassium: 595.55 mg

Recipe courtesy of [Plantable.com](https://plantable.com)