

# Vegan Lentil-Mushroom Meatloaf

*Yield: approximately 6-8 servings*

½	Cup vegan ketchup		
2	Tablespoons brown sugar		
1	Tablespoon apple cider vinegar		
½	Teaspoon ground mustard		
1	Tablespoon flaxseed meal		
3	Tablespoons warm water		
	Grapeseed oil		
½	Medium onion, chopped (¾ cup)		
½	Cup diced carrot		
2	Stalks celery, diced		
2-3	Cloves garlic, minced		
8	Ounces cremini mushrooms, sliced	2	Tablespoons nutritional yeast, optional
2	Teaspoons chopped fresh thyme (or 1 teaspoon dried)	3	Heaping tablespoons tomato paste
2	Teaspoons chopped fresh sage (or 1 teaspoon dried)	3	Tablespoons liquid aminos or soy sauce
2	Cups cooked lentils (brown or green), divided	1	Cup quick oats, divided
			Salt and freshly ground pepper
		½	Cup almond flour or meal



Preheat oven to 375 degF. Line a baking sheet with parchment.

In a small bowl, mix ketchup, brown sugar, vinegar and ground mustard; set aside. In a cup or small bowl, mix the flaxseed meal and water together and set aside.

Heat a sauté pan over medium heat. Add oil to coat, then onion, carrot and celery and sauté for 2-3 minutes. Add garlic and mushrooms and sauté until all is tender; add thyme and sage and cook until fragrant, about 30 seconds. Remove from the heat and transfer to food processor bowl. Add 1 ¼ cup of the lentils, nutritional yeast, tomato paste, liquid aminos and ½ cup of the oats. Pulse until fully combined and everything is similar in size. Add ½ teaspoon salt and few grinds of pepper.

Transfer mixture to a large bowl. Add almond flour, flaxseed mixture, the remaining ¾ cup lentils and ½ cup oats; mix until a thick dough is formed. If it is too liquidy, add more oats. If it is too dry and not forming a ball, add water by the tablespoon until it comes together.

Turn the mixture out onto the prepared sheet. Use your hands to shape it into a loaf. Brush half of the glaze on the top and sides and bake for 30 minutes. Brush the remaining glaze on top and bake for another 10-15 minutes, until a toothpick inserted into the center comes out mostly clean. Let cool on the sheet for about 5 minutes, then use the parchment to lift the loaf onto a cooling rack. Cool for another 5 minutes, then serve warm.

Leftovers can be chilled and stored in an airtight container 3-4 days.