



Vegetable Lentil Loaf



Loaf Ingredients:

1 cup green or brown lentils	1 celery rib, minced
2.5 cups broth	¾ cup oats (whole)
3 tbsp ground flax; 1/3 cup water	1/4 cup whole oats--
3 minced garlic cloves	ground to a powder in blender
1 small onion, finely diced	1 tsp. Italian seasoning
1 carrot, grated	1 tsp. garlic powder
	3 dashes Tabasco sauce (optional)

Glaze Ingredients/Instructions:

- 3 tbsp. ketchup
- 1 tbsp. balsamic vinegar
- 1 tbsp. maple syrup

Since the topping is the tastiest part of the loaf, you may wish to add an extra tablespoon of each ingredient to the mix to increase the amount of the glaze. When ready, mix ingredients thoroughly, and add in an even layer to top of loaf when ready to bake.

Instructions:

1. Measure one cup of lentils; rinse thoroughly.
2. In a Dutch oven, add 2.5 cups water/broth to the lentils.
3. Boil, reduce heat, cover and simmer for about 35 minutes.
4. Once done, uncover, and allow to cool until there is only a bit of water left; but do not drain. Allow lentils to thicken while standing for 15 minutes. It's a good idea to stir at times when cooking and scrape the sides of the pot when cooling.
5. While you preheat the oven to 350 degrees, mix 3 tbsp ground flax with 1/3 cup water. Put in refrigerator for 10 minutes.
6. Saute garlic, onion, bell pepper, carrots and celery for about 5 minutes. Add spices mixing well to incorporate. Set aside to cool.
7. Mash ¾ cup lentils by using whatever you prefer: fork, potato masher, blender or food processor.
8. Assemble lentil loaf: combine sauteed veggies with lentils, oats, oat flour and egg. Add tobacco, if desired. Mix well. If too much liquid, add more oats or wheat flour.
9. Taste. Add any spice of seasoning you think is missing.
10. And finally, line 3/5 loaf pan with parchment paper, letting edges overlap for easy removal of baked loaf. Press down firmly, filling in corners and edges.
11. Bake 45-50 minutes. Let cool before slicing; serves 8.
12. Hint: best to reheat using separate slices. Store slices wrapped in wax paper then insert into a container with a lid before refrigerating.

Adapted from <https://simple-veganista.com/the-ultimate-vegetable-lentil-loaf/> (features easy and tasty vegetarian recipes)