

VEGAN MEATLOAF



Ingredients (makes 8 servings):

Meatloaf:

- 1 large clove of garlic, minced
- 1 onion, diced
- 1 green or red bell pepper, diced
- 1 C celery, diced
- 1 C water chestnut, diced
- 1 C mushrooms, diced
- 3 Tbsp vegetable or olive oil
- 2 packages Gimme Lean ground beef substitute
- ½ package Firm Tofu, drained and mashed
- ¼ C oatmeal, uncooked
- 2 slices of bread, crumbled
- 3 Tbsp ketchup
- 1 tsp garlic salt
- ½ tsp pepper

Meatloaf Spread:

- ¼ C ketchup
- ¼ C brown sugar
- ½ tsp dry mustard
- ½ tsp nutmeg

Combine ingredients

Directions:

Pre-heat the oven to 375 degrees.

Sauté the garlic, onion, bell peppers, celery, mushrooms, and water chestnuts in olive oil for a few minutes, until the onions are soft.

In a large bowl, combine the sautéed ingredients with the ground beef substitute, tofu, oatmeal, bread crumbs, ketchup, garlic salt, and pepper. Mix well, using your hands if needed.

Press the mixture into a lightly greased loaf pan. Cover with foil and bake for 30 minutes.

C = cup, tsp = teaspoon, Tbsp = tablespoon

Remove from oven and spread the meatloaf spread over the top of the loaf. Cook, uncovered, for another 15 minutes, or until the top is browned.

C = cup, tsp = teaspoon, Tbsp = tablespoon

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