

Lentil Meat Loaf

Recipe By Ronit Peskin



Cooking and Prep: 
1.5 h

Serves:  8

Contains:   

Preference: Dairy

Difficulty: Easy

Occasion: Nine Days

Diet: Vegetarian, Sugar Free,

Low Fat

Source: Whisk by Ami

Magazine

Because this food contains both legumes and grains, it is a complete protein, providing all the amino acids the body needs, the same way real meat loaf would.

Ingredients (11)

Main ingredients

- 1 cup Gefen Dried Green Lentils
- 1 large onion, diced
- 1 cup rolled oats
- 3/4 cup grated cheese

- 1 egg
 - 4 and 1/2 ounces **Gefen Tomato Sauce**
 - 1 teaspoon garlic powder
 - 1 teaspoon basil or 2 cubes **Dorot Gardens Frozen Basil**
 - 1 teaspoon parsley
 - 1 and 1/2 teaspoons salt (or to taste)
 - 1/4 teaspoon pepper
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Start Cooking

Prepare the Meat Loaf

1. Preheat oven to 350 degrees Fahrenheit. Grease a loaf pan.
2. In a medium saucepan, boil lentils in three cups water until soft. (This may take half an hour or more.) Strain.
3. Remove lentils to a mixing bowl and mash. Add onions, oats, cheese, egg, tomato sauce, and seasoning. Spread in prepared pan.
4. Bake for 30-45 minutes, or until the top of the loaf is dry, firm, and golden brown.
5. Cool for a few minutes before slicing.

Note:

You can replace the grated cheese with an equal amount of barbecue sauce. (I prefer the cheese-based dish.) This “meat loaf” can be served as is, or topped with a (mushroom) gravy or white sauce.