

# Vegetable Not-Meat Loaf

*A nutritious and comforting dinner loaf filled with vegetables, lentils, and soy curls.*



## Ingredients

- ¾ cup brown lentils
  - **Soy Curls**
- 2 cups soy curls
- 2 cups vegetable broth or water
- 1 tsp molasses
- 1 tsp maple syrup
- 1 tsp soy sauce
- ½ tsp smoked paprika
- ½ tsp black pepper
- ½ tsp chili powder
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp poultry seasoning
- ½ tsp liquid smoke
- ½ tsp white wine vinegar
  - **Vegetables**
- 8 oz baby bella mushrooms
- 1 yellow squash
- 1 zucchini
- 3 carrots
- 1 onion
- 3 celery
- ½ cup roasted bell peppers
- ½ cup beets
- 1 chipotle pepper
  - **Dry Ingredients**
- 1 cup rolled quinoa or oats
- 1 cup panko crumbs
- 1 cup potato flakes
- ½ cup nooch (nutritional yeast)
- 1 tsp poultry seasoning
- 1 tsp Italian seasoning
- 1 tsp parsley
- ½ tsp garlic powder
  - **Sauce**
- ½ cup ketchup
- 2 Tbsp maple syrup
- 1 Tbsp white wine
- 1 Tbsp molasses
- 1 Tbsp soy sauce
- 1 Tbsp tomato paste
- 1 tsp liquid smoke
- 2/3 cup barbeque sauce

## Instructions

1. In a small pot, bring the lentils and 2 cups water to a boil. Turn down to simmer and cover for 25-30 minutes, until the water is absorbed and the lentils are cooked.
2. In a bowl, combine all of the seasonings with the soy curls. Add 2 cups boiling water and set aside.
3. In a separate bowl, combine the sauce ingredients, except the barbeque sauce.
4. Mince all the vegetables. In batches, I pulsed each in the food processor.
5. Sauté the vegetables in a large pan or pot on medium heat until cooked. Add soy curls and lentils and cook until almost dry, about 5 minutes.
6. Combine all of the dry ingredients.
7. Add the dry ingredients to the vegetable-lentil-soy curl mixture.
8. Add the sauce to the mixture, reserving 1/3 cup. Set aside.
9. Form into one large loaf or two loaves.
10. Add the barbeque sauce to the reserved 1/3 cup. Using a basting brush or spoon, cover the loaf or loaves with the sauce. Any remaining sauce can be served with the vegetable loaf.
11. Bake for 1 hour. Allow to cool for 10-15 minutes before slicing.

## Notes

You can shape the loaves into a traditional meatloaf shape in a roasting pan or pack into a bread loaf pan.