

Lentil Loaf

Ingredients:

- 3 cups cooked lentils or black beans, drained and rinsed
- 3/4 cup old-fashioned oats, ground to a fine flour
- 1/3 cup yellow onion, chopped
- 1-1/2 teaspoons garlic, minced
- 1/4 teaspoon ground ginger
- 1 teaspoon Italian seasoning
- 1 tablespoon ground flaxseed
- 1 tablespoon vegan Worcestershire sauce
- 1 tablespoon soy sauce
- 1 teaspoon Dijon mustard
- salt and pepper to taste
- cooking spray or oil, to grease loaf pan

For the topping:

- 2/3 cup organic ketchup
- 1/4 cup light brown sugar
- 2 teaspoons Dijon mustard
- 1/2 teaspoon liquid smoke (optional)

Instructions:

1. Preheat oven to 400 degrees F.
2. In a blender or food processor, combine 2 cups of the lentils or beans, ground oats, onion, garlic, ginger, Italian seasoning, ground flaxseed, Worcestershire sauce, soy sauce, mustard and salt and pepper. Pulse until the mixture comes together, but do not overmix.
3. Transfer lentil-oat mixture to a large bowl and stir in remaining lentils.
4. Place lentil-oat mixture in a loaf pan that has been sprayed with cooking spray or lightly greased with oil.
5. To prepare the topping in a small bowl, combine ketchup, brown sugar, mustard and liquid smoke, if using. Spread ketchup mixture over lentil-oat loaf.
6. Bake for 25 to 30 minutes, or until the edges are crisp and the center has set. Let cool almost entirely before cutting.