

## **Southern Style Meatless Meatloaf**

Adapted from Recipe On Veganosity.com

### **Ingredients:**

- 1 can chickpeas (save ½ cup liquid “aquafaba”)
- 2 cans black beans
- 1 cups oats (ground)
- 1 cup cornmeal
- 3 tsp liquid smoke
- 1 onion diced
- 1 TBSP Italian seasoning
- 2 tsp salt
- 1 tsp pepper
- 2 TBSP vegan Worcestershire
- ½ cup veggie broth
- 1/3 cup ketchup
- 1 cup BBQ sauce

### **Directions:**

1. Grease bread loaf pan and preheat oven to 350 degrees
2. Process chickpeas (I use an immersion stick blender)
3. Add in half of the black bean and process until mostly smooth
4. Add in oats and other half of black beans. Pulse mixture more, leaving second half of black beans chunky.
5. Add in cornmeal, liquid smoke and aquafaba.
6. On stovetop, sauté onion and add in spices, Worcestershire, broth, and ketchup. Then add to bean mixture. (I have been skipping this step and simply adding in the raw diced onion and spices/liquid ingredients straight to bean mixture and stirring until combined.)
7. Spread the mixture into bread loaf pan
8. Spread a bit of bbq sauce on top. Bake 1 hour 15 minutes. I add more bbq sauce on top every 20 minutes when I rotate it.
9. Cool 10 minutes and top with additional bbq sauce before serving.
10. First slice can be tricky to get out. You may find that after slicing you prefer the loaf to be firmer. You can bake the individual slices for 10 minutes to help them toast. Great for a meatloaf sandwich!