

ByziMom's RECIPE for:

# Lentil Loaf

*This delicious Meatloaf substitute is great when served with pureed cauliflower or mashed potatoes with caramelized onions!*



Ready in **90 minutes**

Serves **6-8 people**

## Second Helpings:

This lentil loaf is great the next day, sliced and served as a sandwich on toast with extra ketchup, lettuce, tomato and onion.

Or crumbled into chili or into pasta sauce so your marinara becomes like a bolognese!

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## Ingredients

- 1 cup brown lentils
- 1 medium onion
- 2 stalks of celery, finely diced
- 2 medium carrots, finely diced
- 4 oz package of mushrooms, finely diced
- 2 cloves of garlic, minced
- 1 cup uncooked quick oats
- 1 Tbsp dry thyme
- 1 Tbsp dry oregano
- 3 Tbsp flax meal
- 2 Tbsp Worcestershire sauce
- 3 Tbsp ketchup, plus some more to top before baking
- 2 Tbsp soy sauce, or liquid aminos
- 2 Tbsp nutritional yeast flakes
- 1 tsp coarsely ground fennel seeds (optional...but really good !)

## Preparation

1. Cook the lentils and drain them well.
2. In a large skillet, sauté the onion, carrots, celery, mushrooms and garlic in about 1/4 cup of water or vegetable stock, until translucent and just beginning to brown
3. . Transfer to a large mixing bowl and add the lentils, oats and remaining seasonings, mixing well to form a wet dough.
4. Transfer this to a loaf pan that has been lined with parchment paper, then top the lentil loaf with some more ketchup before baking at 350 for one hour.

### Alternatively:

Drop by spoonfuls (or use a large scoop) onto a parchment lined baking sheet to make individual "meatballs". These are baked for 15 minutes, rolled over, then baked for 10 minutes more. Excellent in a tomato sauce over pasta!