

Meatloaf/Burgers

Vegan Meatloaf (Easy Lentil Loaf) - 8 slices

Ingredients

Lentil Loaf:

- 1 tablespoon olive oil
- 1/2 large onion , chopped (about 1 cup)
- 1 carrot, chopped (about 1/2 cup)
- 1 celery, chopped (about 1/2 cup)
- 2 cloves garlic, minced
- 1 1/2 cups cooked lentils (green or brown; see notes)
- 1 cup quick-cooking oats (certified gluten-free, if needed)
- 1/2 cup chopped walnuts
- 2 tablespoons ground flax seeds
- 2 tablespoons tamari (gluten-free soy sauce)
- 1 teaspoon dried thyme (or 1 tablespoon fresh)
- 1/8 teaspoon ground cayenne pepper (optional)
- 1/2 teaspoon fine sea salt
- freshly ground black pepper

Glaze:

- 2 tablespoons tomato paste
- 1 tablespoon balsamic vinegar (or apple cider vinegar)
- 2 tablespoons maple syrup
- 1/8 teaspoon salt

Instructions

- Preheat the oven to 375oF and line a 9-inch by 5-inch loaf pan with parchment paper. (I like to use a spray oil on the pan first, so that the parchment paper will stick in place.)
- In a large skillet over medium heat, add the olive oil, onion, carrot, celery, and garlic. Stir occasionally until softened, about 8 to 10 minutes.
- In a the bowl of a large food processor fitted with an "S" blade, combine the cooked lentils, oats, walnuts, flax, tamari, thyme, cayenne, salt, and several grinds of black pepper. When the vegetables are tender, add them in, too.

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- Pulse several times, just until the mixture starts to stick together when you press it between your fingers. You don't want it totally smooth, for the best texture. (See the photos in this post for reference.)
- Transfer the mixture to the prepared loaf pan, then press firmly to pack it together. Stir the glaze ingredients together and brush it over the top of the loaf. Bake uncovered at 375oF for 30 minutes.
- Let the loaf cool in the pan for at least 10 minutes, then use the parchment paper to easily lift it out of the pan. Slice and serve warm.
- Leftover slices can be stored in an airtight container in the fridge for up to 3 days, but the leftover loaf will be a little more dry in texture when you reheat it, so you might want to serve it with gravy for added moisture.