
Plant-Based Meatloaf

Makes about 6 servings

Ingredients

Meat Loaf (derived from: runningonrealfood.com)

- 1 cup rolled oats
- ½ cup almonds, walnuts or pecans
- 2 TBS ground flax
- One 28oz can of chickpeas, rinsed and drained (about 3 cups)
- 2 TBS Bragg's liquid aminos
- 2 TBS tomato sauce (or homemade BBQ sauce instead)
- 1 small-medium onion, diced
- 2 ribs of celery, finely chopped
- 2 small/1 large carrot, finely diced
- 1 cup white mushrooms, chopped
- 3 cloves garlic, minced
- ½ tsp sea salt
- ½ tsp black pepper
- 1 tsp smoked paprika
- 1 tsp onion powder
- 1 tsp cumin
- ½ tsp ground thyme

BBQ Sauce (modified from: Forks Over Knives recipe)

- 1 six-oz can of tomato paste
- ½ cup of crushed pineapple
- ¼ cup pure maple syrup
- 3 TBS Bragg's liquid aminos
- 2 TBS apple cider vinegar
- 2 TBS brown mustard
- 1 TBS minced ginger root
- 1 clove of garlic, minced
- ½ tsp chipotle powder
- ½ tsp smoked paprika
- ½ tsp black pepper
- ¼ tsp chili pepper

Directions:

- First, make the BBQ sauce, by combining all those ingredients in a blender and blend until smooth, then set aside.
- To make meatloaf, line a 4x8 bread loaf tin with parchment paper and preheat oven to 350.
- Make sure all the veggies in the loaf's ingredients list are finely chopped before you make the mixture.
- Add the veggies (onions, carrot, garlic, celery and mushroom) to a skillet on the stove and cook over medium heat for 6-7 minutes (adding 1 TBS of water as needed to keep from sticking), stirring occasionally. Add thyme, salt, pepper, paprika, cumin and onion powder as it's cooking.
- While vegetables are cooking, add the oats, nuts and flax to food processor and pulse/blend until you get a flour-like texture.
- Add chickpeas, Liquid Aminos and BBQ sauce (or tomato sauce) to the processor and pulse a few more times. You want the chickpeas to be broken down and sort of grainy, but not turned to mush.
- Turn back to the veggies and remove them from heat.
- Dump the contents from the food processor into the skillet and stir to combine everything well.
- Transfer the finished mixture from the skillet to the prepared loaf pan and firmly press the mixture into all sides to make it even. Use your hands or the back of a wooden spoon to do this.
- Add a thin layer of BBQ sauce on top of the "meatloaf" and cover the entire loaf.
- Bake the loaf at 350 uncovered for 60 minutes.
- Remove from the oven and let sit for 15 minutes.
- Then, lift the loaf out of the pan using the parchment paper and let cool before slicing into portions. The longer it sits, the firmer it gets.
- Serve with homemade BBQ sauce.

Notes:

-