

Not Your Mom's "MEAT" LOAF

One of our favorite meals has always been meatloaf. I am not sure where she learned it, but Karen could always just whip it up on the fly without a recipe. It was slightly different every time, but it always turned out great. We found you can do the very same thing swapping out the meat and using black bean patties instead. This is also great leftover for "meat" loaf sandwiches!

STUFF YOU'LL NEED:

"Meat" loaf

- 1 carrot, finely chopped
- 2 stalks celery, finely chopped
- 1 yellow onion, finely chopped
- 1/4 cup cilantro, finely chopped
- 3 cloves garlic, pressed
- 1 jalapeño, finely chopped
- 1 cup walnuts
- 2 slices Ezekiel Bread, roughly chopped
- 1/4 cup whole grain bread crumbs
- 2 (15 oz) cans black beans, drained and rinsed
- 1 Tbsp tomato paste
- 2 Tbsp chili sauce
- 1 Tbsp tahini
- 1 Tbsp tamari
- 1/4 tsp black pepper
- 1/2 tsp basil
- 1 tsp chili powder
- 1 Tbsp olive (or avocado) oil
- 1/2 tsp ground cumin
- 1/4 cup BBQ sauce
- 1/4 cup nutritional yeast
- 1/2 tsp oregano

WHAT TO DO WITH THE STUFF:

Pre-heat oven to 350°.

Over medium-high heat, sauté yellow onion, celery, carrot, and garlic in a medium sauce pan until onions are translucent. Set aside to let cool.

In a food processor, blend the bread and walnuts. Set aside.

Mash beans in a mixing bowl (leave a few half beans for texture, but no whole beans). Add nutritional yeast, breadcrumbs, chili powder, ground cumin, tomato paste, cilantro, and jalapeño.

Add oregano, basil, black pepper, tahini, tamari, chili sauce, sautéed onion, celery, carrot, garlic, and the bread and walnut mixture and mix well.

Lightly oil an 8-inch loaf pan and firmly pack loaf mixture into pan.

Bake for 30 minutes, pour BBQ on top and bake for another 10 minutes.

Remove and let cool before serving.