

# Meatless Loaf

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12 Serving Size: 6 ounces

Ingredients	Quantity	Measure
Steel cut oats, cooked following package instructions	1.4	pounds
Onions, diced medium	2	cups
Celery, diced small	3	cups
Red pepper, diced small	½	cup
Green pepper, diced small	½	cup
Fresh garlic, chopped	½	cup
Brown rice, cooked	2	cups
Saltine cracker crumbs	1 ½	cup
Garlic powder	¼	cup
Chili powder	2	tablespoons
Onion powder	1	tablespoon
Vegan Worcestershire sauce	½	cup
Tomato paste	1	cup
Tomato sauce	1	cup
Salt	1	tablespoon
Pepper	1	tablespoon
Bell pepper, sliced	½	cup

## Preparation

1. Sweat onions, garlic, celery, red and green peppers.
2. Mix brown rice, steel cut oats, cooked onion/pepper mixture, Saltine cracker crumbs, chili powder, garlic powder, onion powder, Worcestershire.
3. Blend the tomato paste and tomato sauce together. Pour half into the rice/oat mixture. Mix well. Reserve the other half of sauce for the top.
4. Line baking pan and spray with pan spray.
5. Taste and form into a loaf. Place in foil-lined loaf pan.
6. Spread rest of tomato paste/sauce on top of loaf, pour water in bottom of pan around loaf.
7. Cover and bake in 350-degree oven for 45 minutes.
8. Uncover and bake 5-10 minutes longer, making sure it has set.
9. Let cool slightly, cut and serve.

## Nutrition Information per serving \*From USDA Nutrient Database

Calories: 174 Total Fat: 2 g Saturated Fat: 0 g Carbohydrate: 36 g Protein: 6 g Sodium: 1016 mg  
Vitamin A: 8% Vitamin C: 25% Calcium: 9% Iron: 22%