

# Lentil Loaf

**Prep**    **Cook**    **Total**  
30 min    45 min    1 hr 15 min

**Serving:** 6

## Ingredients

1 cup **dry brown lentils** (or 2 cups cooked)  
 $\frac{1}{2}$  cup **yellow onion, diced**  
8 oz **mushrooms, diced** about 2.5 cups  
2 cloves **garlic, minced** (1 teaspoon)  
1 cup **cooked quinoa**  
 $\frac{1}{4}$  cup **walnuts, chopped** or sunflower seeds or carrots  
 $\frac{1}{4}$  cup **tomato paste**  
2 Tablespoons **ground flaxseed**  
2 Tablespoons **soy sauce** or tamari or coconut aminos  
2 Tablespoons **apple cider vinegar** or balsamic  
1 Tablespoon **Dijon mustard**  
2 teaspoons **oregano, dried** or 2T fresh  
2 teaspoons **thyme, dried** or 2T fresh  
2 teaspoons **parsley, dried** or 2T fresh  
 $\frac{1}{2}$  teaspoon **sage, dried** or 2T fresh  
 $\frac{1}{2}$  teaspoon **pepper**

## Directions

Preheat oven to 350 degrees.

Rinse lentils and cook on the stovetop in 3 cups of water for 18-20 minutes.

While the lentils are cooking, dice the onion and mushrooms. Gather the remaining ingredients. Once lentils are cooked, drain and add to the food processor.

Using the same pot that was used to cook the lentils, saute the diced onions and mushrooms along with the minced garlic in a small amount of water (1/4 cup or so).

While veggies are cooking, add walnuts, tomato paste, flaxseed, soy sauce, ACV, and dijon to the lentils in the food processor. Once veggies are soft, add them to the food processor as well.

Pulse the ingredients in the food processor until the mixture is chunky, but not smooth.

In a mixing bowl, combine the quinoa with the lentil/walnut/veggie mixture along with the spices (oregano, thyme, parsley, sage, and pepper).

Scoop the mixture into a loaf pan or place it on a cookie sheet and form into a loaf with your hands. If there is a chance it will stick to your pan, line the pan with parchment paper before you create the loaf.

Bake in the oven for 45 minutes (uncovered), until the edges are lightly browned.



**Directions** *(cont.)*

Remove from oven; let stand for at least 10 minutes before cutting.

This loaf is excellent if you make it a day in advance and then reheat before serving (350 for 15 minutes). The flavors meld together and the loaf holds together better.

The loaf can also be spooned into a bell pepper or squash (acorn, spaghetti, pumpkin) for a beautiful presentation.

**Prep Notes**

**The day of:** *To cook quinoa in instant pot, use 1 cup quinoa and 1.5 cups of water. Set for 1 minute. This will make 3 cups of quinoa, so store the leftovers in the fridge or freezer depending on when you will use it.*