

CHICKPEA VEGAN MEATLOAF RECIPE

Ingredients for Meatloaf:

- 2 cans chickpeas (If you prefer fresh, you need 14 ounce, or 400 grams precooked)
- 1 medium onion
- 2 medium celery stalks
- 2 medium carrots
- 2 cloves garlic
- 2 cups panko breadcrumbs
- 1.5 cup unflavored soy or almond milk
- 2 TBSP vegan Worcestershire sauce
- 2 TBSP soy sauce or tamari
- 2 TBSP olive oil
- 2 TBSP ground flax seeds
- 2 TBSP tomato paste
- ¼ tsp black pepper

Ingredients for Glaze:

- ¼ cup tomato paste
- 2 TBSP pure organic maple syrup
- 2 TBSP apple cider vinegar
- 1 TBSP soy sauce or tamari
- 1tsp paprika

Instructions:

- 1.) Preheat oven to 375°F. Lightly oil a 9-inch loaf pan and arrange a strip of parchment paper widthwise along the center, with just a bit hanging over the sides.
- 2.) Working in batches if needed, place all the meatloaf ingredients into food processor bowl and pulse until chickpeas are broken up and ingredients are well mixed, stopping to scrape down sides of bowl as needed. Do not over blend. If you're working in batches, transfer each batch to a large mixing bowl when complete and then mix by hand.
- 3.) Press mixture into prepared loaf pan and bake 30 minutes.
- 4.) While meatloaf bakes, stir glaze ingredients together in a small bowl.
- 5.) Remove loaf from oven after 30 minutes and spoon glaze over the top of the loaf.
- 6.) Bake another 20-25 minutes.
- 7.) Remove from oven and allow to cool at least 10 minutes before cutting.

Note: The longer this meatloaf sits, the firmer it gets. If it initially feels a bit soft for your liking, let it sit a for a few minutes or prep it a day in advance and reheat the day of serving.