

# Mom's Meatloaf ~ Vegan Beyond Beef & Fresh Tomato Meatloaf

*Like "Mom's Meatloaf."*

*~ Ritz crackers instead of breadcrumbs.*

*Can use Just Egg for Egg.*

## Ingredients

### Meatloaf Base

- **1 package (16 oz) Beyond Beef ground**
- **2 medium whole tomatoes**, peeled & finely chopped (half for loaf, half for glaze)
- **1 medium onion**, finely diced
- **3 cloves garlic**, minced
- **1 cup breadcrumbs** (panko or gluten-free)
- **½ cup rolled oats**
- **2 tbsp ground flaxseed + 5 tbsp water** (flax "egg")
- **2 tbsp soy sauce or tamari**
- **2 tbsp tomato paste**
- **1 tbsp olive oil**
- **1 tsp smoked paprika**
- **1 tsp dried thyme**
- **1 tsp oregano**
- **½ tsp black pepper**
- **½ tsp salt** (to taste)

### Tomato Glaze

- **Remaining 1 medium whole tomato**, peeled & blended or finely chopped
- **2 tbsp tomato paste**
- **2 tsp olive oil**
- **1 tbsp balsamic vinegar** (or apple cider vinegar)
- **1 tbsp maple syrup** (or brown sugar)

- ½ tsp smoked paprika
  - ½ tsp onion powder
  - ½ tsp garlic powder
  - ¼ tsp salt
  - Pinch black pepper
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## Instructions

1. **Prepare flax egg:** In a small bowl, whisk together flaxseed + water. Let sit 5–10 minutes until thick.
  2. **Cook aromatics:** In a skillet, heat olive oil. Add onion and garlic; sauté 3–5 minutes until fragrant. Add **1 chopped tomato (from the loaf ingredients)** and cook 2–3 minutes to reduce liquid. Remove from heat.
  3. **Mix the loaf:** In a large bowl, combine Beyond Beef, the onion-tomato mixture, breadcrumbs, oats, soy sauce, tomato paste, flax egg, and spices. Mix gently until well incorporated.
  4. **Shape loaf:** Preheat oven to 375°F (190°C). Line a loaf pan with parchment. Press mixture evenly into the pan.
  5. **Make tomato glaze:** In a saucepan, heat olive oil. Add **remaining chopped/blended tomato**. Cook down 8–10 minutes until thick. Stir in tomato paste, vinegar, maple syrup, and spices. Simmer until glossy and spreadable.
  6. **Top & bake:** Spread half the glaze over the meatloaf. Bake for 45–50 minutes. In the last 10 minutes, brush on the rest of the glaze for a caramelized finish.
  7. **Rest & serve:** Let loaf sit 10 minutes before slicing. Serve with mashed potatoes, roasted vegetables, or greens.
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✨ The result:

- Fresh tomatoes **inside** the loaf keep it juicy.
- The **homemade tomato glaze** adds that nostalgic meatloaf tang without ketchup.