

# No-Meat Loaf

MAKES 1 LOAF (12 SERVINGS)

**S**erve this great-tasting loaf with Garlic Mashed Potatoes (page 177) and Mushroom Gravy (page 156) for a hearty meal that's sure to please. A food processor makes it easy to make fresh bread crumbs (or you can purchase packaged bread crumbs) and to finely chop the walnuts and vegetables. The tomato sauce in this recipe adds vitamin C and lycopene.

1 package (14 ounces)  
vegan burger crumbles,  
or 2 cups cooked Bulgur  
(page 162)

1½ cups bread crumbs,  
preferably whole wheat  
(2 to 3 slices of bread)

1¼ cups rolled oats (old-  
fashioned or quick-cooking)

1 cup tomato sauce or  
crushed tomatoes

1 small onion, minced

2 celery stalks, minced

1 carrot, minced

½ green bell pepper,  
minced

¼ cup finely chopped  
walnuts

3 tablespoons reduced-  
sodium soy sauce

2 teaspoons stone-ground  
or Dijon mustard

½ teaspoon dried thyme

½ teaspoon dried sage

¼ teaspoon ground black  
pepper

½ cup ketchup or barbecue  
sauce (optional)

1. Preheat the oven to 350 degrees F. Lightly mist a 5 x 9-inch loaf pan or similar baking dish with vegetable oil spray.
2. Combine the vegan burger crumbles, bread crumbs, oats, tomato sauce, onion, celery, carrot, bell pepper, walnuts, soy sauce, mustard, thyme, sage, and pepper in a large bowl. Mix with a large spoon or your hands until the mixture is evenly combined.
3. Press into the prepared loaf pan. Spread the optional ketchup over the top and bake for 60 minutes. Let stand for 10 minutes before slicing.
4. To store leftovers, remove the loaf from the pan and let cool. Stored in a covered container in the refrigerator, leftover No-Meat Loaf will keep for up to 3 days.

PER SERVING: 104 calories; 2.6 g fat; 0.3 g saturated fat; 22% calories from fat; 0 mg cholesterol; 8.2 g protein; 13.9 g carbohydrate; 2.7 g sugar; 2.5 g fiber; 418 mg sodium; 37 mg calcium; 1.7 mg iron; 5.9 mg vitamin C; 463 mcg beta-carotene; 0.6 mg vitamin E; 3094 mcg lycopene