

Lentil Loaf

Notes:

- Great as a main dish alongside a fresh caesar salad — and toasted between two pieces of bread the next day.
- Quick tips:
 - Pick up smaller container (or just use 1/2 of the larger container) of pre-chopped onions from the produce department.
 - Use pre-steamed lentils found in the produce section instead of cooking your own.

Prep Time: 25 mins

Cook Time: 45-55 mins

Servings: 2 loaves; 8 servings

Ingredients:

- 2 Cups Lentils, mashed
- 1 Tablespoon Extra Virgin Olive Oil
- 1 Large Onion, chopped
- 1 8oz Package of Mushrooms, chopped
- 5 Garlic Cloves, mashed
- 1 Package of Fresh Spinach, chopped
- 1 150z Can Diced Tomatoes, with juice
- 1 teaspoon Dried Sage
- 1 teaspoon Garlic Powder
- 1 teaspoon Garlic & Herb Seasoning Blend (your favorite — we use Chef Paul Salt Free Seasoning)
- 1/4 teaspoon Dried Marjoram
- 1/4 Cup Chopped Fresh Oregano
- 1/4 Cup Chopped Fresh Thyme
- 2 Cups Gluten Free Old Fashioned Rolled Oats
- 1 - 2 Cups Barbecue Sauce or Ketchup (your favorite — we use Bone Suckin' Sauce)

Instructions:

- Preheat oven to 375.
- Mash lentils with a potato masher or the back of a spoon in a medium-sized bowl if you haven't done so already.
- In a large nonstick skillet, heat olive oil over medium and sauté onions until soft and translucent.
- Add mushrooms and garlic and keep cooking until soft. If it starts to dry out, add water or vegetable broth.
- Add spinach, cover, and cook until spinach wilts (about 4 minutes).
- Add lentils to mixture and stir to combine.
- Add tomatoes, sage, garlic powder, seasoning, marjoram, oregano, thyme and stir to combine.
- Add oats and stir to combine again.

- Prep 2 9x5in loaf pans for baking: spread half of BBQ sauce or ketchup along bottom and sides of pan.
- Add lentil mixture equally to both pans, pressing down with your fingers or a spatula to form loaf, then spread remaining sauce generously on the tops of each.
- Bake for about 45 minutes, until sauce is crispy around the edges.
- Let sit for 10-15 minutes before serving. (It's better and easier to cut if you let it sit until the next day!)
- Serve with a simple caesar salad.
- Enjoy!