

WALNUT HERB LOAF – A Meatless Meatloaf

Ingredients:

- 3 cups cooked brown rice
- ½ cup oats (uncooked)
- ½ lb. firm tofu (mashed)
- 2-3 minced garlic cloves
- ¼ cup chopped fresh basil
- 1 cup toasted sunflower seeds
- 3 medium onions (diced)
- ¾ cup ketchup
- 2 cups toasted walnuts
- 1 tablespoon flaxseed (decimated)
- Bragg's Aminos, Tamari, or Soy sauce



Preparation:

1. Cook rice.
2. Toast sunflower seeds mixed with 2T tamari + 2T water in 350 degree F, oven.
3. Toast 2C walnuts in oven at same temperature. Cool and pulverize in blender or food processor.
4. Heat ¼ cup water to boiling and stir in decimated flaxseed. Remove from heat as soon as it begins to thicken.
5. Sauté onions, garlic and basil.
6. Remove from heat allow to cool, then mix in pulverized walnuts.
7. Mix cooked rice with mashed tofu, onions/walnuts, minced garlic, prepared flaxseed, sunflower seeds, ketchup and oats.
8. Top with ketchup and some finely chopped carrots, celery, and onion.
9. Bake at 350 degrees F in oiled loaf pan until firm (about 45 min to 1hr 15 minutes).