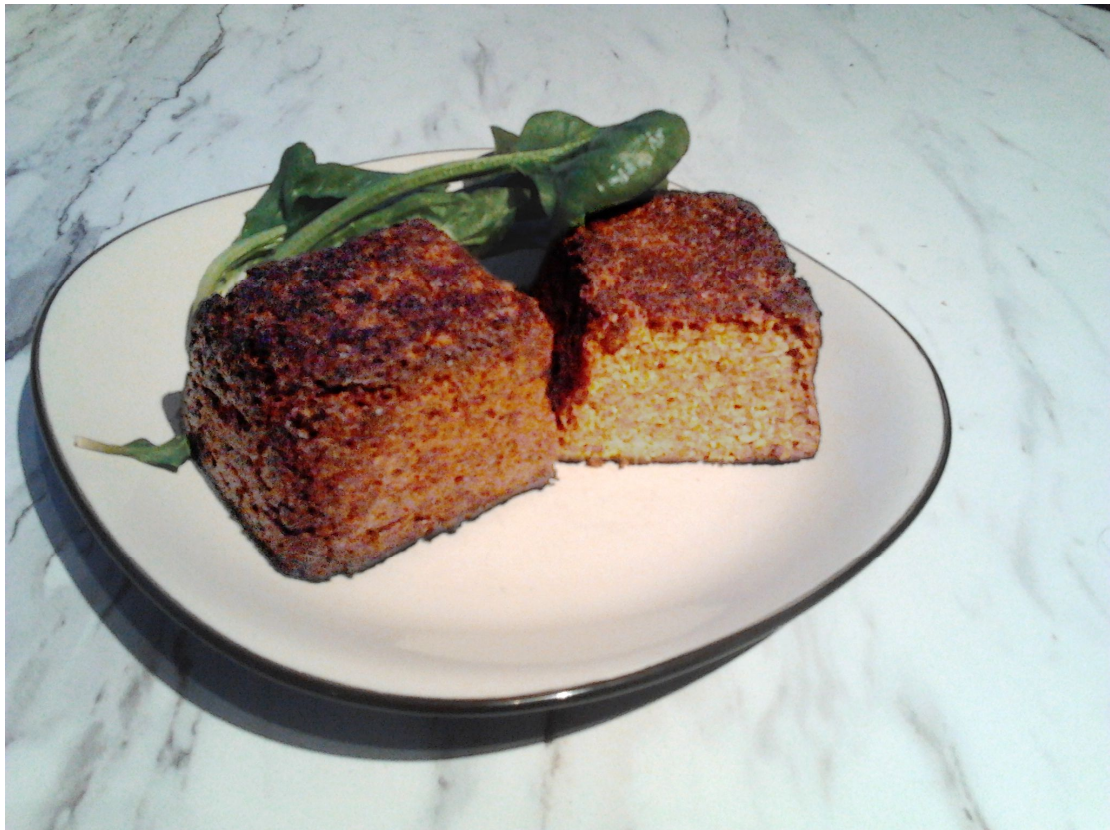


'Meat' Loaf (Vegan)



This cruelty-free recipe is high in protein and very low in calories compared to traditional meat loaf

Ingredients

1 400g tin of diced tomatoes
1 onion
1 cup dry TVP
1 cup gluten flour
(Seasoning variable to taste)
2 tsp 'beef' stock powder (vegan)
2 tsp herb stock powder
1 tsp mushroom stock powder
1 tsp cumin
1 tsp nutritional yeast flakes
1 tsp miso paste
½ tsp salt
¼ tsp liquid smoke

Method

Pre-heat oven to 170°C (350°F)
Blend tomatoes and onion together
Blend in seasoning. Vary or change to taste but keep it strong flavoured
In a bowl mix TVP and gluten flour
Add the blended liquid and mix thoroughly forming a soft dough
Lightly oil baking loaf tin or smaller tins
Press mixture into tin/s firmly to fill all spaces
Spray or brush a little oil on top of mixture/s
Cover firmly with foil and bake for 30-40 minutes
Check for firmness after 30 mins
Turn up oven to 220°C (430°F)
Remove from tins and invert onto flat baking tray
Spray or brush light coat of oil on exposed surfaces of loaf
Re-bake for 10 mins (or until a little darker in colour)
Serve hot with sauce and veggies or cold for sandwiches