

Recipe Details

Recipe Name - Angel's Zesty Meatless Loaf

Recipe Steps -

Ingredients

- ½ cup or 1 small onion, chopped
- ½ cup red (or any color, orange, yellow...) bell pepper, chopped
- ½ cup+ sun-dried tomatoes, chopped
- 1 carrot, chopped
- 1 clove+ garlic (fresh or already prepared)
- 8 oz. or ½ box fresh baby spinach
- 1 15 oz. can of cannelloni beans (or beans of your choice), drained and rinsed
- ½ cup rolled oats
- ¼ cup nacho spice nutritional yeast (or regular nutritional yeast)
- ½ tsp paprika
- ½ tsp onion powder
- ½ tsp sage
- ½ tsp rosemary
- ½ tsp dry mustard
- 1 tsp low sodium Tamari
- ½ cup + BBQ sauce of your choice (for the top and bottom of the loaf, as well as dipping)

Instructions

- 1. Water sauté carrots for a few minutes.
- 2. Add bell pepper, and sauté for 1 to 2 minutes.
- 3. Add in sun-dried tomato and onion, and sauté for a few more minutes (until somewhat soft).
- 4. Add garlic at the end and cook for 30 seconds, ensuring not to burn your garlic.
- 5. While cooking the veggies, pull together the beans, Tamari, oats, nutritional yeast, and spices. Incorporate well while mashing some of the beans; you do not need to mash them all if you do not want to
- 6. Once the veggies are cooked, pour the veggies into the bean mixture, and incorporate well
- 7. Place a layer of BBQ sauce in a 4×8 baking dish (bread loaf pan or equivalent)
- 8. Pour the veggie/bean mixture on top of the BBQ sauce layer and press down lightly to form a loaf. Place another layer of BBQ sauce on top
- 9. Bake @ 350 degrees for 1 hour. When you pull the loaf out of the oven, it should rest for 20 minutes so it slices well
- 10. Enjoy! This loaf is fantastic the next day!



