



## 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!

