

Meatless Meatloaf and Meatless Crumbles



Ingredients

- 1 1/2 cups chopped walnuts or other nuts
- 1 cup whole wheat breadcrumbs
- 1 cup cooked rice (approx 1/4 cup uncooked)
- 1 1/2 cups carrot, grated
- 1 300g pkg frozen spinach
- 1 onion, chopped
- 1 tsp basil
- 1 tsp thyme
- Salt and pepper to taste
- 3 shakes Worcestershire
- 3 tbsp water or enough to moisten
- 3 tbsp olive oil

Mushroom Sauce (optional):

- Cremini mushrooms
- Olive oil
- Low sodium cream of mushroom soup

Directions

Mix all the ingredients except the olive oil in a large bowl using just enough water to moisten it.

Spray a loaf pan with non-stick spray. Press firmly into loaf pan. Sprinkle olive oil on top.

Bake at 375 degrees for 35 minutes. Serve with a mushroom or tomato sauce.

For the mushroom sauce, first cook the cremini mushrooms down in a little bit of olive oil. Then add some undiluted canned cream of mushroom soup and heat well.

Serve mushroom sauce over the mushroom loaf or crumbles.

The recipe comes from Edna Staebler's Meatless Meat Loaf recipe in More Food That Really Schmecks.

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