



Vegan Lentil Loaf



Main Course



6 servings



20 minutes



60 minutes

INGREDIENTS

- 1 cup green or brown lentils, cooked
- 1 tablespoon flaxseed mixed with 3 tablespoons water (flax egg)
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 carrot, grated
- 1 cup gluten-free oats
- ½ cup walnuts, finely chopped
- 2 tablespoons tomato paste
- 1 tablespoon soy sauce (or tamari for gluten-free)
- 1 teaspoon dried thyme
- Salt and pepper to taste

Topping:

- ¼ cup ketchup
- 1 tablespoon maple syrup
- 1 teaspoon Dijon mustard

DIRECTIONS

1. Preheat the oven to 180°C (350°F) and line a loaf pan with parchment paper.
2. Cook the lentils according to package instructions. Once cooked, set them aside to cool.
3. In a small bowl, mix the flaxseed and water to make the flax egg. Let it sit for about 5 minutes until it thickens.
4. In a large bowl, combine the cooked lentils, grated carrot, chopped onion, minced garlic, oats, chopped walnuts, tomato paste, soy sauce, thyme, salt, and pepper.
5. Stir in the flax egg and mix everything well. You can use a potato masher or the back of a spoon to slightly mash the lentils for better texture.
6. Transfer the mixture into the prepared loaf pan and press it down firmly.
7. For the topping, whisk together the ketchup, maple syrup, and Dijon mustard, then spread it evenly over the top of the lentil loaf.
8. Bake for 45-50 minutes, or until the loaf is firm and slightly crispy on top.
9. Let the loaf cool in the pan for 10 minutes before slicing and serving.

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