

# Meatloaf with Quinoa Polenta



It's November and cooler weather calls out for old-fashioned comfort food. Well, for cryin' out loud it's Sunday and you may have a bit more time to prepare "Comfort Food" dinner today!

You'll make an ever-dependable meat loaf. I recommend plant-based ground meat product, but you may also use lean ground beef.

A homemade barbecue sauce topping is just the ticket to finish the loaf. Quinoa Polenta and lemon-butter roasted cauliflower will round out the menu.

**Preparation time is 2 hours - Serves 4**

## Organize Your Ingredients

### Notes on Organizing

Prep and organize ingredients before you begin cooking. You'll prep 2-1/2 C. chopped onion today: 1-1/2 C. for the Quinoa Polenta and 1 C. for the Meat Loaf. You'll need an 8" loaf pan.

#### Quinoa Polenta

1 C. dry quinoa  
2 C. water  
1/2 cube "Not Chick'n Bouillon"  
  
one large red potato (scrubbed and cut into 1" cubes)  
2 tsp. butter  
1 T. nonfat milk  
  
1 tsp. olive oil  
1-1/2 C. yellow onion (chopped)  
1/2 C. fennel bulb (chopped)  
1 clove garlic (smashed and chopped)  
  
2 C. cooked quinoa  
3 T. Parmesan cheese  
1/4 C. fresh basil (chopped)  
1/2 tsp. fresh ground pepper

#### Meat Loaf

1 lb. "Beyond Meat Ground" product  
-or-  
Optional: 1 lb. lean ground beef  
  
1 C. onion (chopped)  
1/2 tsp. fresh ground pepper  
2 tsp. dry basil leaves  
1/2 tsp. dry oregano leaves  
1/2 tsp. dried rosemary  
1/2 tsp. dried thyme  
3 egg whites (lightly-beaten)  
1 C. dry bread crumbs (un-seasoned)  
  
1/3 C. barbecue sauce (commercial or homemade) - You'll find a recipe in "Tips and Time Savers."

#### Roasted Cauliflower with Lemon Butter

1 large head cauliflower (chopped into bite-size pieces)  
3 tsp. good olive oil  
  
2 T. lemon juice  
1/2 tsp. butter  
3 T. Low-sodium Vegetable Broth

#### Creamy Red Sauce for Polenta

1/2 C. Marinara Sauce (commercial or homemade) You'll find a recipe in "Tips and Time Savers"  
1/4 C. plain, nonfat yogurt

## Let's Prepare, Cook and Plate This

### Basic Assembly Instructions

Start by cooking Quinoa. Bring quinoa and water to boil in a small saucepan. Stir in 1/2 cube Edward and Sons "Not Chick'n" Bouillon. Stir until bouillon dissolves. Cover, turn off heat and let stand. Bake the Meatloaf next. Let it rest while baking quinoa polenta and cauliflower.

### Note:

### Barbecue Sauce and Marinara Sauce

Make homemade sauces early in the day today. See "Tips and Time Savers" to make Barbecue Sauce and Marinara Sauce.

### Preheat oven to 350°

### Meat Loaf

1. Combine Beyond Meat (or ground meat) in a large bowl with all meat loaf ingredients (except barbecue sauce). Mix with hands until well blended.
2. Oil an 8" loaf pan and pack loaf mixture into pan.
3. Spread 2 T. barbecue sauce over top of loaf. Cover with foil and slide into 350° oven for 50 minutes. Set a timer.
4. When timer sounds, remove loaf from oven. Cool for 1/2 hour and then remove from pan and spread another 2 T. barbecue sauce over the top.

### Reset oven to 425°

### Quinoa Polenta

1. Place cubed potatoes in 2 C. lightly salted water, bring to a boil, cover, and cook 8-10 minutes, until potatoes are tender. Drain. Mash with skins on using butter and milk. Set aside.
2. Sauté onion, fennel and garlic in oil until onion begins to brown. Remove from heat.
3. Measure cooked quinoa into a large bowl. Add mashed potato, cooked onions, fennel and Parmesan. Mix together well.
4. Stir in basil leaves and pepper.
5. Measure polenta into 2/3 C. portions and pat into a 3/4" round patties. Set aside on a plate. Place polenta patties alongside cauliflower on an oiled cookie sheet when you cook cauliflower.

### Cauliflower

### Roasted Cauliflower with Lemon Butter, Polenta and Plate Meal

1. Place cauliflower pieces on a cookie sheet and toss with olive oil.
2. Roast cauliflower along with above quinoa polenta patties (above) in preheated oven for a total of 15 minutes.
3. Turn cauliflower pieces and polenta patties after 8 minutes, and cook another 7 minutes. Remove cauliflower and polenta from oven when cauliflower is browned.
4. Heat lemon juice, butter and vegetable broth 20 seconds in the microwave.
5. Toss cooked cauliflower with lemon butter mixture just before plating food.

Creamy Red Sauce: re-heat 1/2 C. Marinara Sauce and stir together with 1/4 C. yogurt.

Plate: make a pool of Creamy Red Sauce on each plate and place polenta patties over sauce.

Cut a thick slice (about 1") of meat loaf and place on one side of polenta (drizzle meatloaf with a little more barbecue sauce). Place Cauliflower on other side of polenta.

### What I've Learned from this Recipe

Once assembled, all of the cooking takes place in the oven. This meal offers a perfect opportunity to invite family or friends over for dinner. The meatloaf will fill the house with wonderful aromas as they arrive and the cauliflower and polenta can cook with minimal attention while the meatloaf cools.

