

Lentil Loaf, Roasted Potatoes and Caramelized Onion

Today we're putting together a plant-based "meat loaf." This loaf has a lip-smacking array of flavors while delivering a powerful nutritional load. It takes a little time to assemble but leaves a lasting impression.

While this meal might be reminiscent of some great Sunday dinners from the past, it's not your Grandma's meatloaf. It's better. It's topped with a tangy homemade barbecue sauce and accompanied by roasted potatoes and caramelized onions.

Preparation Time: 2 hours and 30 minutes - Servings: 4 (with leftovers)

Organize Your Ingredients!

Notes on Organizing

Prep and organize all ingredients before you start cooking.

There are 3 onion preps: 1/2 C. finely-chopped for the Barbecue Sauce, 3/4 C. finely-chopped, for the Lentil Loaf and 2 C. sliced for the Caramelized Onions. Prep 2 cloves chopped garlic: 1 for the Lentil Loaf and 1 for the Barbecue Sauce.

Lentils and Rice

<u>Lentils:</u>	<u>Rice:</u>
1 C. dry lentils	1 C. rice
1 bay leaf	2-1/2 C. water
1/2 tsp. salt	
2 C. water	

Roasted Potatoes:

4 medium red potatoes (scrubbed)
1 tsp. olive oil

Barbecue Sauce

1 large clove garlic (smashed and chopped)
1/2 C. onion (finely-chopped)
1 can tomato sauce
4 T. balsamic vinegar
2 tsp. olive oil
1 tsp. Worcestershire sauce
1 T. chili powder
2 tsp. dried oregano leaves
4 T. molasses or sorghum
1/8 tsp. cayenne pepper (to taste)

Lentil Loaf

1 tsp. olive oil
1-1/2 C. cremini mushrooms (chopped)
Kale:
1 tsp. olive oil
1 T. balsamic vinegar
1/4 C. low-sodium vegetable broth
1 bunch kale (washed, stems discarded, leaves finely-chopped)
3/4 C. cooked rice (from above)
cooked lentils (from above)
1 clove garlic (smashed and chopped)
3/4 C. yellow onion (finely-chopped)
1/2 tsp. fresh ground pepper
1 tsp. salt
2 T. dry basil leaves
1T. dry oregano leaves
1/4 tsp. dried rosemary (ground)
1 egg (lightly beaten)
1/4 C. nonfat milk
1-1/3 C. unseasoned Panko or bread crumbs

Caramelized Onions

2 tsp. olive oil
2 C. onions (thin-sliced and chopped)
1/2 C. white wine
Salt and pepper to taste
1 C. thick, nonfat yogurt or quark

Green Salad

8 leaves lettuce, 1 C. cucumber (chopped),
1 C. cherry tomatoes (halved), 1 C. red bell pepper (sliced), 4 T. sunflower seeds (toasted)

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Using separate pans, put lentils, bay leaf and salted water and rice and water on to a boil. Bring both pans to a hard boil, cover pans, reduce heat to medium-low and set a timer for 25 minutes.

Preheat oven to 375°

Lentil Loaf

Mushrooms:

Brown chopped mushrooms in oil and pour into a large mixing bowl.

Kale:

1. Bring oil, vinegar and broth to a boil.
2. Add chopped kale leaves and sauté for 5 minutes.
3. Pour into a strainer, let cool and press excess liquid from kale. Add to mixing bowl.

Remainder of Loaf Assembly:

Measure 3/4 C. cooked rice into a food processor with 1-1/2 C. of the cooked lentils. Blend until smooth. Transfer to the mixing bowl with the mushrooms and kale.

Add remaining lentils and all other loaf ingredients to the bowl and mix well. Pack mixture into an oiled 8"X 4" loaf pan. Place loaf pan on one side of a cookie sheet and bake 1 hour at 375°. After removing loaf from oven, allow to cool 15 minutes before slicing.

Roasted Potatoes

Prick potatoes and rub with a little olive oil. Place on the cookie sheet in the oven with the lentil loaf. Set a timer for 50 minutes. Remove potatoes when timer sounds or when they are tender.

Caramelized Onions:

Caramelized Onion/Green Salad/Plate

1. Heat oil in a large sauté pan, toss sliced/chopped onions until they brown and begin to char.
2. Add wine and cook until wine cooks away. Season with salt and pepper. Stir yogurt into caramelized onion over low heat. Remove from heat and let stand until ready to dine.

Barbecue Sauce: Measure all barbecue sauce ingredients into a small saucepan. Bring to a boil, reduce heat, cover, and cook 10 minutes. Remove from heat until ready to use.

Green Salads: Assemble green salads on individual salad plates. Pick a dressing from "Tips and Time Savers".

Plate: Cut 3/4" thick slices of the loaf and place on each dinner plate. Drizzle a little barbecue sauce over slices. Make a slice in each potato and squeeze the potato from the ends to open the slice slightly. Spoon about 1/2 C. caramelized onion next to, or on top of potatoes. Serve salad on the side.

What I've Learned from this Recipe

Let us know what you think, and ask any questions you may have! chezdon@plate6.com