

Quinoa Lentil Loaf, Mashed Potatoes & Gravy

Prep time	Cook time	Total time
20 mins	30 mins	50 mins

This recipe has a lot of spices because lentils can be a little subtle on their own. This makes half a loaf pan. For a family of six, double the recipe.

Author: Ordinary Vegan

Recipe type: Main

Serves: 3-4



Ingredients

- 1½ cups cooked lentils
- 1½ cups cooked quinoa
- 2 teaspoons extra-virgin olive oil
- 1 cup onion, chopped
- ¾ cup celery, chopped
- 3 cloves garlic, chopped
- 1 cup bread crumbs
- 1 teaspoon thyme
- 1 teaspoon sage
- 1 teaspoon basil
- ½ teaspoon oregano
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 2 tablespoons fresh, chopped parsley
- 2 flax eggs
- 1 tablespoon dijon mustard
- 1 tablespoon apple cider

Topping

- 2 tablespoons brown sugar
- 2 tablespoons apple cider vinegar
- 1 teaspoon dijon mustard

Instructions

1. Pre-heat oven to 350 F
2. Heat oil over medium-high heat in a large non-stick saute pan.
3. Add onions and celery and cook until soft and translucent.
4. Add garlic, thyme, sage, basil, oregano and saute another minute or two. Add a little vegetable broth if it is sticking instead of more oil.
5. Remove from heat.
6. Meanwhile, make flax eggs by whisking together 2 tablespoons ground flax seed with 5 tablespoons of water. Leave in refrigerator for 10 minutes or more to thicken.
7. In a small bowl whisk together the brown sugar, apple cider and dijon mustard topping to form a paste. Set aside
8. In a large bowl, mash the cooked lentils. Add the quinoa and combine.
9. Add the bread crumbs, onion mixture, remaining ½ teaspoon salt and ½ teaspoon of pepper, flax egg mixture, dijon mustard, apple cider and combine. Add more bread crumbs if needed. Taste for seasonings. Add more salt or pepper if needed.
10. Form a loaf and place in a non-stick loaf pan.
11. Top with half of the topping. Cook for 15 minutes. Remove from oven and add remaining topping. Cook for another 15 minutes.

Recipe by Ordinary Vegan at <http://www.ordinaryvegan.net/quinoalentilloaf/>