



Lentil Loaf

Servings: 10

2 1/2 cups red lentils
5 cups water
2 1/2 cups cooked brown rice
2 1/2 cups oat flakes
2 1/2 tablespoons flax meal and 1/2 cup water (mix and let sit for 15 minutes to gel)
2 1/2 cups carrots, grated
1/2 cup tamari
5 scallions, chopped
5 cloves garlic, chopped
2 1/2 teaspoons sage

Make Brown Rice.

Rinse lentils. Place in a pot with water. Bring to a boil. Reduce heat and simmer, stirring occasionally until the water is absorbed.

While the lentils are cooking, mix together the rice, oat flakes, flax meal + water mix, carrots, tamari, scallions, garlic, and sage in a large bowl. When the lentils are cooked, add them to the other ingredients and mix well.

Oil a 2-inch hotel pan (or casserole dish for smaller quantities) and sprinkle the sides and bottom with a few oat flakes to keep the loaf from sticking. Pack the loaf mixture into the pan and bake covered at 350 degrees for 40 minutes. Let the loaf stand for 5-10 minutes before slicing.

Serve with red pepper sauce.

Red Pepper Sauce

Servings: 10

10 ounces roasted red peppers
1 1/4 cups soy milk
1/3 cup tahini
1/4 cup potato starch or corn starch
5/8 teaspoon Salt
2 1/4 tablespoons mustard (brown is preferred)
Pinch Cayenne
1 1/4 teaspoons dried basil

Place the pepper, soymilk, tahini, and starch in a blender. Blend until very smooth and creamy.

Pour the mixture into a saucepan. While stirring constantly with a whisk, bring the mixture to a boil. Reduce the heat and add the remaining ingredients (salt, mustard, and cayenne). Mix well.