

Whole Food Plant Based Meatloaf

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/jill-dalton-vegan-chinese-food-recipe>

Ingredients:

- 1/3 cup tomato paste
- 2 tablespoons water
- 2 tablespoons pure maple syrup 100%
- 2 tablespoons yellow mustard
- 1/2 teaspoon onion powder
- 1/2 teaspoon smoked paprika
- 1 cup water 235ml
- 1/2 cup steel cut oats uncooked, rinsed and drained, 100g
- 2 tablespoons vegan Worcestershire sauce
- 2 tablespoons tomato paste
- 5 slices sprouted grain bread toasted in the toaster until nice and brown
- 4 cups sliced mushrooms 8oz / 250g
- 1/2 can pinto beans drained and rinsed well, about 3/4 cup / 140g
- 3/4 cup chopped pecans
- 1/2 cup diced yellow onion
- 1 tablespoon ground flax seeds
- 1/2 tablespoon smoked paprika
- 2 teaspoons garlic granules
- 1 1/2 teaspoons salt
- 10 cracked black pepper turns
- 1/4 cup unsweetened non-dairy milk 60ml

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 39 grams
3. Fat: 21 grams
4. Fiber: 8 grams

5. Protein: 11 grams
 6. SaturatedFat: 4.5 grams
 7. Sodium: 1260 milligrams
 8. Sugar: 14 grams
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