

Christmas Chickpea-Lentil Loaf, Vegan & Gluten-Free

Yield: 8 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/lentil-christmas-recipe>

Ingredients:

- 1 tablespoon olive oil
- 1 medium onion diced
- 4 cloves garlic minced
- 1 cup carrot diced
- 2 cups lentils cooked
- 1 1/2 cups cooked chickpeas 1 15-ounce can
- 6 tablespoons water
- 2 tablespoons ground flaxseed
- 3/4 cup rolled oats
- 2 tablespoons tamari
- 2 tablespoons nutritional yeast
- 1/2 teaspoon liquid smoke
- 1 teaspoon dried thyme
- salt
- pepper
- mashed potatoes
- vegan gravy

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 42 grams
3. Fat: 4.5 grams
4. Fiber: 19 grams
5. Protein: 16 grams
6. SaturatedFat: 1 grams
7. Sodium: 410 milligrams
8. Sugar: 3 grams

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