

# Vegan Thanksgiving Lentil Loaf

Yield: 4 min  
Total Time: 120 min

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

## Ingredients:

- 1 1/2 cups brown lentils
- 2 onions chopped
- 2 cloves garlic minced
- 2 tablespoons ground flax seeds
- 3/4 cup walnuts
- 1 large carrot cut into small pieces
- 1 cup rolled oats
- 2 tablespoons tomato paste
- 1/3 cup almond milk unsweetened, plus 1 tablespoon
- 2 teaspoons soy sauce
- 2 teaspoons oregano
- 2 teaspoons thyme
- 2 teaspoons rosemary
- 2 tablespoons fresh parsley, chopped
- salt
- black pepper
- 1 squash small Hokkaido, about 35 oz, cut into small pieces
- 16 ounces sweet potato cut into small pieces
- 7 ounces potatoes cut into small pieces
- 3 tablespoons vegan margarine
- 1/4 cup rolled oats
- 1/4 cup walnuts or Brazil nuts, chopped
- salt
- pepper
- red pepper flakes
- 1 onion
- 1 carrot cut into small pieces
- 2 celery stalks chopped into small pieces
- 1 clove garlic minced
- 2 tablespoons tomato paste
- 1 tablespoon flour
- 1/3 cup dry red wine use a vegan brand
- 1 1/4 cups vegetable broth
- 1/2 teaspoon oregano

- 1 teaspoon paprika powder
- 1/2 teaspoon rosemary
- salt
- black pepper
- 1 cup cranberries
- 2 tablespoons coconut sugar
- 2 pears cut into medium-sized chunks
- 3/4 cup water
- 1/4 teaspoon ground ginger
- 1 can pear halves