

Thanksgiving Meatless Loaf

Yield: 8 min
Total Time: 85 min

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

Ingredients:

- 1 sweet potato medium
- 1 onion medium
- 2 celery ribs
- 1 medium carrot
- 2 cloves garlic minced
- 15 ounces cannellini beans or other white beans, drained and rinsed
- 14 ounces extra firm tofu one 14 to 16-ounce package or an additional can of white beans
- 2 tablespoons gluten-free soy sauce or coconut aminos
- 2 tablespoons tomato paste
- 1 tablespoon prepared mustard spicy brown or whole-grain
- 1/4 cup fresh parsley chopped
- 1/2 tablespoon rubbed sage
- 1 tablespoon thyme leaf
- 1/2 tablespoon dried rosemary crushed
- 1 1/2 teaspoons salt or to taste
- 1/2 teaspoon black pepper
- 1 teaspoon smoked paprika
- 2 tablespoons nutritional yeast
- 1/2 cup chopped walnuts optional
- 3/4 cup quinoa flakes or quick oatmeal

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 30 grams
3. Fat: 11 grams
4. Fiber: 5 grams
5. Protein: 18 grams
6. SaturatedFat: 1 grams
7. Sodium: 780 milligrams

8. Sugar: 3 grams

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