

# Ultimate Lentil Walnut Loaf

Yield: 8 min  
Total Time: 100 min

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

## Ingredients:

- 28 ounces lentils drained and rinsed\*
- 1 cup walnuts finely chopped
- 2 teaspoons extra virgin olive oil 10 ml
- 2 cups sweet onion finely chopped
- 3 garlic cloves minced
- 1 cup chopped celery finely
- 1 cup grated carrot
- 1/3 cup apple peeled and grated sweet
- 1/3 cup dried cranberries chopped or raisins
- 2 teaspoons fresh thyme or 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- fine sea salt to taste, I use about 1 teaspoon
- freshly ground black pepper to taste
- 3 tablespoons ground flax
- 1/2 cup oat flour
- 1/2 cup bread crumbs spelt, or bread crumbs of choice
- 1/4 teaspoon red pepper flakes optional
- 1/4 cup ketchup 60 ml
- 2 tablespoons unsweetened applesauce 30 ml or apple butter
- 2 tablespoons balsamic vinegar 30 ml
- 1 tablespoon pure maple syrup 15 ml

## Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 83 grams
3. Fat: 15 grams
4. Fiber: 35 grams
5. Protein: 32 grams
6. SaturatedFat: 1.5 grams

7. Sodium: 260 milligrams

8. Sugar: 11 grams

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