

May 30, 2014

**RECIPE: Lentil Loaf with Mushroom Gravy**

Baked Loaf made with spiced Lentils, Rice, Onions, and Bread Crumbs topped with Tomato Slices and Sesame Seeds served with a Mushroom Onion Gravy

Servings: 4

- 2/3 cup lentils, dried
- 1 quart water
- 1 cup bread crumbs, whole wheat, fresh
- 1/2 cup celery, minced
- 1 1/2 cups onions, diced fine
- 3 1/2 tablespoons oil
- 6 tablespoons soy sauce
- 1/2 cup brown rice, cooked, medium grain
- 1/4 teaspoon sage
- 3/4 teaspoon thyme, dried
- 1 teaspoon curry powder
- 2 egg whites, large
- 1 1/2 cups vegetable broth
- 1 tomato, small, sliced
- 1 tablespoon sesame seeds
- 1 pound mushrooms, sliced
- 3 cloves garlic, minced
- 2 tablespoons cool water
- 2 tablespoons whole wheat pastry flour

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Preheat oven to 375 degrees. Cook the lentils in 1 quart of simmering water until tender, about 15 to 20 minutes. Drain. Mix together the cooked lentils, bread crumbs, celery, 1/2 cup of onions, 2 tbsp of oil, 3 tbsp of soy sauce, rice, sage, thyme, curry powder, egg whites, and 1/2 cup of vegetable broth.

Oil the loaf pan with 1 tsp of the oil, then fill with the lentil mixture, patting down well with a spatula. Bake at 375, uncovered, for 30 minutes, remove from oven and place tomato slices on top and sprinkle with sesame seeds. Place back in the oven and reduce heat to 350 degrees, and bake an additional 15 minutes. Remove from oven and let cool completely. Cover with aluminum foil and store in the refrigerator.

Gravy: Make the gravy by heating the remaining tablespoon of oil in a large skillet over medium-high heat. When hot, add the sliced mushrooms and the remaining 1-cup of onions, and saute until mushrooms are browned and the onions are tender, about 8 minutes. Add the minced garlic and cook 1 minute longer. Mix flour and cool water together to make a smooth paste.

Add to the mushroom/ onion mixture and cook, stirring for 1 minute. Add remaining vegetable broth and remaining 3 tablespoons of soy sauce, then cook until thick and bubbly. Let cool, place in a container, and store in the refrigerator.

### Reheating instructions:

Slice loaf into 1" slices. Warm the mushroom sauce and loaf slices in the microwave. Spoon the sauce over slices and microwave until hot.

### Serving Suggestions:

Side Dishes: Mashed Potato Casserole / Roasted Or Steamed Vegetables / Glazed Brussels Sprouts

