



Vegan Meatloaf with BBQ Sauce (6 servings)

Ingredients

1½ cups old fashioned oats
2 medium yellow onions - *finely chopped*
2 stalks celery, finely chopped
1 green bell pepper - *finely chopped*
1-2 Tbsps olive oil
2 cloves garlic - *minced*
13 oz package vegan frozen ground beef
(*suggestion: Gardein Beefless Ground*)
14 oz package vegan Beyond sausages
2 tsps garlic powder
2 tsps dried oregano
1/2 cup fresh parsley - *chopped*

1/4 cup panko gf bread crumbs
1/4 cup plant-based "Just Egg"
1/4 tsp salt & pepper

BBQ Sauce

2/3 cup sun-dried tomatoes (*not in oil*)
1/4 cup or more of water
1 cup ketchup
5 Tbsps brown sugar
1/4 cup white vinegar
1 Tbsp vegan Worcestershire sauce
1/4 cup yellow mustard
salt and pepper - *to taste*

Preparation

- Combine all of the BBQ sauce ingredients into a large saucepan. Heat over medium heat until the mixture begins simmering and the brown sugar dissolves. Salt and pepper to taste.
- Remove from the heat and let cool slightly and set aside while preparing the meatloaf.
- In a high speed blender, pulse the old fashioned oats until they are a fine powder. Transfer to a bowl.

(continued)



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- Place chopped onion, celery, green pepper, garlic, oat flour, bread crumbs, 1/2 cup of the BBQ sauce, the "Just Egg," garlic powder, oregano, parsley, and the salt and pepper to the "meat" mixture. Combine well.
- Place the mixture in a large loaf pan and shape it into a loaf. Cover the top of the loaf with more BBQ sauce (about 1/4 cup).
- Cover the loaf with foil and bake at 375°F for 45 minutes. Remove the foil and bake for another 15 minutes.
- Increase heat to 425°F and bake uncovered for 15 additional minutes until the top is slightly browned.
- Let the loaf cool slightly before slicing so that it holds together.

Serving Suggestion: Top with parsley, more BBQ sauce and serve with mashed potatoes.