

My Favorite Lentil Loaf and Gravy

Ingredients

- * 1 cup green or brown lentils
- * 1 cup brown rice
- * 4 cups vegetable stock
- * medium-sized red onion chopped
- * 2-3 cloves garlic minced
- * 1 cup rainbow carrots chopped
- * 1/4 cup rolled oats
- * 1/4 cup cashews chopped and soaked over night
- * 1 tablespoon tomato paste
- * 1 teaspoon dried thyme
- * 1 teaspoon sage
- * 1 teaspoon sea salt

Instructions

1. Combine the lentils and rice in a large pot with the vegetable stock. Bring to a boil over medium-high heat. Once it has begun to boil, lower the heat to a simmer, cover the pot and allow to cook until the water has been absorbed. This could take 45 minutes to an hour.
2. While the lentils and rice are cooking, heat 3 tbsp veggie broth in a pan over medium-high heat. Add the onion and cook until it begins to brown. Add the garlic and carrots, and cook until the carrots are tender, 10-15 minutes.
3. Be heat the oven to 350° and line a loaf pan with parchment paper.
4. In a large bowl, mix together the cooked lentils and rice, the vegetables, and the rest of the ingredients. Mash a little as you go, so the lentils lose their shape.
5. Transfer the mixture to the prepared loaf pan, and bake until firm and lightly browned on top, about 45 minutes.

Gravy recipe:

Ingredients

- 1 cup raw cashews soaked for at least 2 hours or over night
- 2 cups vegetable stock

3 tablespoons tamari or Bragg Liquid Aminos

2 tablespoons cornstarch

2 tablespoons nutritional yeast

1 ½ teaspoon onion powder

1 teaspoon garlic powder

½ teaspoon sea salt

Instructions

Combine all of the ingredients in a high-speed blender or food processor. Process until smooth. If the mixture is too thick, add a little more water, a tablespoon at a time.

Transfer the mixture to a medium saucepan and cook over medium-high heat, stirring often, until the mixture thickens and is heated throughout. If the gravy gets too thick, you can thin it with a little more vegetable stock or water.

Recipe by Tamantha Davis