

Meatless Loaf

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE



THE HUMANE SOCIETY
OF THE UNITED STATES

YIELD: 72 oz.

12 – 6 oz. Servings

Ingredients	Qty	Measure
Steel Cut Oats (cooked following package instructions)	1.4	lbs
Onions (diced medium)	2	Cups
Celery (diced small)	3	Cups
Fresh garlic (chopped)	½	Cup
Brown rice (cooked)	2	Cups
Quick cooking oats (raw) or saltine cracker crumbs	1	Cup
Garlic powder	¼	Cup
Chili powder	¼	Cup
Onion powder	¼	Cup
Vegan Worcestershire sauce	¾	Cup
Tomato paste (divided)	2	Cups
Salt	1	Tbsp
Pepper	1	Tbsp
Bell pepper, sliced	½	Cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Sweat onions, garlic and celery
2. Mix brown rice, steel cut oats, cooked onion mixture, quick cooking oats, chili powder, garlic powder, onion powder, worchestershire, and **ONLY** 1 cup of tomato paste
3. Line baking pan and spray with pan spray
4. Taste and form into a loaf. Place in foil-lined load pan
5. Spread rest of tomato paste on top of loaf, pour water in bottom of pan around loaf. Place bell peppers in water around the loaf.
6. Cover and bake in 350 degree oven for 45 minutes
7. Uncover and bake 5-10 minutes longer, making sure it has set
8. Let cool slightly, cut and serve

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Serve 6 oz. portion, add 2 oz. fresh green beans and 2 oz. smashed cauliflower

Nutrition Information

 *From USDA Nutrient Database

Calories: 174 Total Fat: 2 g Saturated Fat: 0 g Carbohydrate: 36 g Protein: 6 g Sodium: 1016 mg
Vitamin A: 8% Vitamin C: 25% Calcium: 9% Iron: 22%