Magical Lentil Loaf

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

Loaf

- 1-1/2 cups dry green lentils
- 3-1/2 cups water
- 2 small onions, chopped
- 1 cup carrots, chopped
- 1 tbsp extra-virgin olive oil
- 4 garlic cloves, finely chopped
- 1/4 cup almond flour
- 2 tbsp tamari
- 1 tsp ground ginger
- 1 tsp ground cinnamon
- 1/4 tsp ground cloves
- 1 tsp dried Italian seasoning
- 1/2 tsp sea salt
- 2 tbsp ground flax
- 1/4 cup water

Glaze

- 1 (5.5oz / 156mL) can tomato paste
- 4 tbsp real maple syrup
- 1/4 cup tamari
- 2 tbsp apple cider vinegar
- 1 tsp garlic powder

Instructions:

1. Preheat oven to 350F. Line a loaf pan with parchment paper. Rinse lentils with water in a wire mesh strainer. In a large pot on the stove, bring lentils and 3 1/2 cups water to a soft boil and reduce temperature to low and cook lentils for 15-20 minutes until soft, but not mushy. Drain any excess water once finished cooking.
2. In a large fry pan, heat olive oil to medium and add onions and 2 garlic cloves (reserve the other two for the final step). Sauté for 3 minutes. Add carrots and sauté for five more minutes.
3. Meanwhile, combine flaxseeds and 1/4 cup water in a small bowl and let sit for 10 minutes to make a "flax egg".
4. Transfer sautéed mixture and cooked lentils to a food processor or high power blender. Add the almond flour, tamari, ground ginger, cinnamon, cloves, dried Italian seasoning, sea salt, flax egg and remaining two garlic cloves to the food processor.
5. Blend for 60 seconds until well combined. It should be a consistency that will hold together if you form a patty.
6. In a small mixing bowl, combine the glaze ingredients with a whisk until fully combined.
7. Pour mixture into loaf pan and coat the top with some glaze. Bake for 30-40 minutes and remove from oven and coat with more glaze. You should have some left over for serving.

Bake for 5 more minutes. Remove from oven and let sit for 10 minutes before removing from the loaf pan.

8. Pull out of the pan and slice into 2-inch thick slices. Serve with glaze.
9. Store in the fridge for up to 1 week.

Notes:

Serves 6