

# Vegan Meatloaf (with Chickpeas)

Becca  
- Veg Lake shore

A classic style vegan meatloaf recipe made with a base of chickpeas. Unlike some vegan loaf recipes, this one is not mushy. It has a slight smoky flavor and makes for a beautiful centerpiece dish for any holiday or Sunday family dinner.

**Course** Main Course

**Prep Time** 10 minutes

**Cook Time** 50 minutes

**Total Time** 1 hour

**Servings** 6 servings

**Calories** 213 kcal

**Author** Nora

## Ingredients

- 1 small onion, diced small
- 2 small carrots, diced small
- 2 celery stalks, diced small
- 3 garlic cloves, minced
- 1/4 cup water
- 2 15 oz cans chickpeas, drained and rinsed \*or 3 cups cooked
- 1 1/2 cups panko breadcrumbs
- 2 tablespoons ground flaxseed
- 3 tablespoons nutritional yeast
- 2 tablespoons soy sauce
- 2 tablespoons vegan Worcestershire sauce
- 1 tablespoon tahini
- 1/4 cup ketchup
- 1/2 teaspoon liquid smoke, optional, but good
- fresh parsley, optional

For the sauce to spread on top of the cooked loaf:

- 1/3 cup ketchup
- 1 teaspoon vegan Worcestershire sauce

## Instructions

1. Preheat the oven to 375 degrees and lightly spray a 9 inch loaf pan with oil, or line the bottom with parchment paper to prevent sticking.
2. Saute the onion, carrots, celery and garlic in the 1/4 cup of water over medium heat for 5 minutes, until the onions are translucent.
3. Add the drained and rinsed chickpeas to a food processor and pulse until the chickpeas are broken up and there are no whole beans left. You do not want them to be completely pasty or mushy, but well broken up.
4. Transfer the processed chickpeas to a large bowl. Add the cooked veggies and all the remaining ingredients. Stir with a large wooden spoon until very well combined.
5. Press the loaf mixture in the prepared pan, pushing down evenly with your hand. Cover with foil and bake for 30 minutes.
6. Remove the foil and bake for another 15 minutes. Remove from the oven.
7. Spread the ketchup and Worcestershire sauce on top of the loaf, evenly. Allow to sit for at least 15 minutes before slicing if you can, it will hold up better. Sprinkle with fresh parsley if desired before serving.

## Recipe Notes

-You may substitute gluten-free or whole wheat breadcrumbs if desired.

Nova cooks, com /vegan - meatloaf

## Quinoa Stuffing or Side dish

4 cups vegetable stock

2 cups quinoa

2 Tbsp. Avocado oil

1 large butternut squash, peeled, seeded & diced

1 bunch green onions, chopped

1 cup diced dried apricots

1 cup dried cranberries

1 cup chopped fresh parsley

1 lime, juiced, or to taste.

Mix squash with oil and spread on parchment lined baking sheets and roast at 450 for 30 minutes or til cooked.

Mix veggie stock and quinoa and bring to a boil. Turn down to let it simmer, uncovered for 5 minutes. Then take off heat, cover and let it steam for 15 minutes.

Stir quinoa into squash, gently mix green onions, apricots, cranberries and parsley.

Drizzle with lime juice to taste.

This was adapted from an "all recipes" recipe.

Very

## CHOCOLATE PUMPKIN LOAF

By Isa Chandra Moskowitz

Makes one 8x4-inch loaf  
Ready In: 100 minutes

### INGREDIENTS:

- ¼ cup unsweetened applesauce
- ⅓ cup unsweetened cocoa powder
- 1½ cups all-purpose flour
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground ginger
- ⅛ teaspoon ground cloves
- ¾ teaspoon baking soda
- ¾ teaspoon salt
- 1 cup pumpkin puree (about ½ of a 15-ounce can)
- 1 cup dry sweetener *or ½ cup or ¾ c sugar*  
*or ½ c white + ½ c brown*
- 3 tablespoons almond butter, at room temperature *or 2 Tbs coconut oil*
- 1 teaspoon pure vanilla extract
- ½ cup grain-sweetened chocolate chips

This loaf is dense, chocolaty, and moist, with undertones of pumpkin and autumnal spices laced throughout. I throw in some chocolate chips, and you may like to add other yummy things too, like pecans or walnuts.

From

### Instructions:

1. Preheat the oven to 350°F. Have ready an 8 x 4-inch nonstick or silicone baking pan. Also, boil some water in a tea kettle (no need to measure yet).
2. Combine the applesauce and cocoa powder in a large mixing bowl. In a separate bowl, sift together the flour, cinnamon, nutmeg, ginger, cloves, baking soda, and salt.
3. Measure out ⅓ cup of the boiling water and pour it into the bowl with the chocolate mixture, mixing quickly to make a smooth chocolate sauce. Add the pumpkin, sweetener, almond butter, and vanilla and mix well.
4. Dump about half of the flour mixture into the chocolate mixture and gently stir just to incorporate, then measure out 1 tablespoon of the boiling water, add it to the mixture, and stir again. Add the rest of the flour mixture, and another tablespoon of boiling water, and stir just until smooth (do not overmix). Fold in the chocolate chips.
5. Spoon the batter into the prepared loaf pan. It will be good and thick. You can smooth out the top with a spatula.
6. Bake for 55 to 60 minutes. Stick a steak knife into the center of the loaf to check for doneness. A little bit of wetness is okay, since it could be from a chocolate chip, but the knife should come out mostly dry.

## **Kalefredo for 20**

**Patricia Baxter**

Vegan, GF, no added fat or sugar

**NOTE: cashews for the sauce need to soak 4 hours or overnight.**

### **Sauce**

5 (3.5 to 4) Cups water

2 (1.5) cups raw cashews (soaked at least 4 hours or overnight, then drained)

3/4 (½) cup white wine

3/4 (½) cup nutritional yeast flakes

6 (4) cloves garlic, minced

1 teaspoon salt

1 teaspoon Lemon Pepper

Put the cashews and 2 cups of the water in a high speed blender and process until smooth and creamy. Add the other ingredients and blend to mix. Pour into a heavy saucepan or dutch oven and place over medium heat. Sauce will thicken as it cooks, so stir frequently. Simmer until desired consistency is reached. Set aside sauce while you blanch the kale and onion.

**(Adapted from Artisan Vegan Cheese by Miyoko Schinner)**

### **Vegetables**

8 full heads Lacinato Kale, washed, stems removed, coarsely shredded

(this will yield about 8-10 quarts of loosely packed raw kale)

1 large red onion, chopped

8-10 cups boiling water.

In a very large soup pot combine the chopped kale and onion. Pour boiling water over the kale just to blanch it- you want it to just blanch, not cook. Quickly drain kale/onions and place into large serving container. Cover with sauce and stir gently. Serve immediately or this can be kept warm in a crockpot with a keep warm setting (low is too hot!)

# buttercup squash stuffed with wild rice, shiitakes, and caramelized leeks

MAKES 4 SERVINGS

If a “tofu turkey” isn’t high on your list for Thanksgiving main dish ideas, you might prefer this stuffed squash. It makes a lovely presentation and if you can find a squash large enough, you can actually “carve” it at the table. The stuffing recipe makes about four cups—enough to fill one large or two smaller squashes.

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| ½ cup wild rice   | ¼ cup minced celery                               |
| 2½ cups water   | 2½ cups chopped shiitake mushrooms                |
| Salt  | 1 teaspoon minced fresh thyme or ½ teaspoon dried |
| ½ cup long-grain brown rice                                 | 1 teaspoon minced fresh sage or ½ teaspoon dried  |
| 1 large buttercup or other winter squash, halved and seeded | ¼ teaspoon freshly ground black pepper            |
| 2 leeks, trimmed  | ¼ cup minced fresh parsley                        |
| 2 tablespoons neutral vegetable oil                         |   |
| 2 teaspoons light brown sugar                               |   |
| ½ cup minced yellow onion                                   |   |

1. In a medium saucepan, combine the wild rice and water, cover, and bring to a boil over high heat. Reduce the heat to medium-low, salt the water, and cook, covered, for 30 minutes. Stir in the brown rice, cover, and cook 40 minutes longer. When the rice is cooked, remove from the heat and set aside, covered. If any liquid remains, drain it off. Preheat the oven to 350°F. Lightly grease a 9 x 13-inch baking pan and set aside.

2. Season the squash halves with salt and place them in the prepared pan, cut side down. Add ¼ inch of water to the pan and cover tightly with foil. Bake until slightly softened, about 30 minutes.

3. Split the leeks lengthwise, wash thoroughly, and finely slice them. In a medium skillet, heat 1 tablespoon of the oil over medium heat. Add the

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leeks, season with salt, and cook, uncovered, for 10 minutes, stirring occasionally. Sprinkle with the sugar and continue to cook, stirring occasionally, until nicely browned and soft, about 15 minutes. Stir in a tablespoon or two of water if the leeks begin to stick. Remove from the heat and set aside.

4. In a large skillet, heat the remaining 1 tablespoon oil over medium heat. Add the onion and celery and cook until softened, about 7 minutes. Stir in the mushrooms, thyme, sage, pepper, and salt, to taste. Cook until the mushrooms are softened, stirring occasionally, about 5 minutes. Transfer the mushroom mixture to a large bowl. Add the cooked rice, leeks, and parsley and season with salt, to taste. Mix thoroughly to combine well.

5. Turn the baked squash over, cut side up, and fill the squash with the stuffing. Cover with foil and bake until the stuffing is hot and the squash is tender, about 30 minutes. Serve hot. This recipe can be made ahead up to the final 30-minute baking time: prepare the recipe to that point, then cover and refrigerate for up to 1 day, then bring to room temperature before baking.