

# Meatless Loaf (Halloween)



PREP TIME

20 mins

COOK TIME

1 hr 20 mins

TOTAL TIME

1 hr 40 mins



COURSE

Dinner



SERVINGS

8 servings

CALORIES

225 kcal

## INGREDIENTS

- 15 oz can chickpeas, drained
- 250 g mushrooms,
- 1/2 c cornmeal
- 1-1/2 c vital wheat gluten
- 3 Tbsp liquid smoke
- 1 large white onion, finely diced
- 1 Tbsp dried Italian seasoning
- 2 tsp salt
- 1 tsp black pepper
- 2 Tbsp Vegan worcestershire sauce
- 1/2 c vegetable broth
- 1/3 c ketchup
- 1/2 c barbeque sauce

## INSTRUCTIONS

1. Preheat a pan on the stove to medium heat and your oven to 375°F/190°C

- ## NUTRITION

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<b>Calories</b> 225	Calories from Fat 6
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\* Percent Daily Values are based on a 2000 calorie diet.



Let us know how it was!