

# 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 barbecue sauce

## INSTRUCTIONS

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

2. Saute diced onion with water or vegetable broth until translucent. Set aside to cool.
3. Process chickpeas and mushrooms together until crumbly, but not quite a paste.
4. Transfer chickpea and mushroom mixture to a bowl and add cornmeal, onion, Italian seasoning, sea salt, black pepper, and onions. Mix well.
5. In a separate bowl, mix liquid smoke, vegetable broth, vegan Worcestershire sauce, and ketchup.
6. Mix liquid into dry and mix well.
7. Add vital wheat gluten and mix well for 2-3 minutes.
8. On a baking sheet lined with parchment paper, sprayed foil or a Silpat mat, pour your mixture. Using your hands, press into a bone shape or any other "spooky" shape you desire (if making for Halloween)! You could also use a themed cake pan.
9. Coat with a thick layer of BBQ sauce.
10. Bake for 1 hr 20 minutes or until a toothpick comes out clean. You can start checking around the 1 hr mark.
11. Let sit for 10-15 minutes before cutting and serving.

## NUTRITION

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### Nutrition Facts

Meatless Loaf (Halloween)

Amount Per Serving	
<b>Calories</b>	225
Calories from Fat 6	
% Daily Value*	
<b>Fat</b>	0.7g
	1%
<b>Carbohydrates</b>	32g
	11%
<b>Protein</b>	22.5g
	45%

\* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!