



MEATLESS MEATLOAF

BY CHEF DAVE ROLLS, @CHEF4HEALTH

INGREDIENTS

2 ½ lbs. portabella or white mushrooms

1 28 oz can of black eyed peas

2 TBSP of Fresh each, Rosemary, Oregano, Thyme

1 tsp each, Braggs Amino acids, balsamic vinegar, Worcestershire sauce

2 slices of seeded bread

½ cup of Almond milk

1 tsp Apple cider vinegar

½ cup of quick oats

2 egg yolks

½ cup chopped yellow onion

1 clove of Garlic, minced

½ cup of Natural organic ketchup

INSTRUCTIONS

1. Pre heat oven to 350°
2. Soak bread in almond milk and apple cider vinegar and set a side
3. Wash mushrooms, and place into food processor or fine chop with black eyed peas, garlic, onions Pulse to desired texture
4. Add Mushroom and bean mix to large sauté pan over medium heat until mushrooms are cooked 10-15 minutes.
5. Put mixture into mixing bowl and cool.
6. Add in Amino Acid, Balsamic, Worcester sauce, herbs, drained bread, oat meal, egg yolks to bowl and mix.
7. Place mixture into 6 x 9" baking dish. Garnish with ketchup
8. Place in 350° for 45 minutes
9. Remove meatless meatloaf and serve with ketchup. Enjoy

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