



Lentil Meatloaf

Everybody loves meatloaf; it's one of our all-time favourite comfort foods. Especially when you know its rich hearty flavours come with a hidden nutritional powerhouse. Lentils easily stir into the mix.

Ingredients:

For the Meatloaf:

2 eggs 1 5.5-oz. can (156 mL) of tomato paste
2 pounds (900 g) of medium ground beef
1 large onion, finely chopped
1 cup (250 mL) of oatmeal flakes
1 cup (250 mL) of cooked lentils (green or black)
1 Tbsp. (15 mL) of oregano
1 Tbsp. (15 mL) of sage
1 Tbsp. (15 mL) of thyme
1 tsp. (5 mL) of salt

For the Topping:

¼ cup (60 mL) of brown sugar
¼ cup (60 mL) of ketchup
1 Tbsp. (15 mL) of any mustard
1 Tbsp. (15 mL) of horseradish

Procedure:

Preheat your oven to 375°F (190°C) and lightly oil a loaf pan. Turn on your convection fan if you have one.

Lightly whisk the eggs in a large bowl. Whisk in the tomato paste. Add the ground beef, onion, oatmeal, lentils, and seasonings. Using your hands, stir and blend the works together until everything is thoroughly and evenly combined. Mound the mixture into the prepared loaf pan or freeform a loaf shape on a parchment lined baking tray.

Whisk together the topping ingredients and brush evenly over the loaf. Bake until the loaf is cooked through, 45 minutes or so. The meatloaf is done when a thermometer inserted in its thickest part reads 160°F (70°C).

Serve and share!

