

Easy Veggie Loaf

Loaf with mashed potatoes and gravy is one of the most popular and requested comfort foods in America. You can wrap leftover slices in foil, and freeze them for several months. This is a great recipe for using leftover brown rice. Use cloth bags when shopping for these ingredients.

1-1/2 cups dry veggie burger mix (either Nature's Recipe burger mix in the bulk section at Whole Foods OR Fantastic brand "Nature's Burger" dry mix in a 10 oz. box)

1-1/2 cup water

1-1/2 cups cooked brown rice (preferably chopped lightly in a food processor)

1/4 cup tomato paste

1 Tbsp. Italian spice mix

1 medium onion, peeled, finely diced

1/2-1 tsp. salt (or to taste)

3/4 tsp. black pepper

1 cup whole wheat breadcrumbs (2 slices whizzed in a blender or food processor)

1/2 cup finely chopped walnuts

1/3 cup chopped parsley

In a large bowl blend dry burger mix and water together, and allow the mixture to stand 30 minutes. Mixture will be thick.

Preheat oven to 375°. Generously coat the sides of a 5"x 9" loaf pan with cooking spray, olive oil, or margarine. Cut a piece of baking parchment to fit in the bottom of the loaf pan.

Add all ingredients to the bowl of burger mixture, and blend them thoroughly. Transfer the mixture to the loaf pan, and smooth the top with a wooden spoon. Generously top the loaf with ketchup OR a mixture of 1/3 cup tomato ketchup, 1/4 cup molasses, and 1/4 cup Dijon mustard. Bake for 50-55 minutes. Cool a bit before slicing. (When it is cool you can also slide a knife around the loaf to loosen it, and turn it upside down onto a serving plate.) Cut loaf in 1/2" slices and serve with mashed potatoes and gravy (below).

Easy Gravy

Rich-tasting gravy that takes minutes to prepare. Double this recipe if serving more than 4 people.

5 tablespoons unbleached white flour

2 cups cold water

1 teaspoon onion powder

4 tablespoons tamari or soy sauce or to taste

dash of black pepper

Place flour in a baking pan and toast it in a 350° oven for about 8 minutes (until flour is lightly golden). Place toasted flour, water, and onion powder in a blender jar, and blend thoroughly. Pour blended contents into a small saucepan, and warm over medium heat, stirring often with a fork or whisk, until mixture begins to simmer and thicken. When gravy is thick add soy sauce and black pepper to taste. Leftover gravy will thicken, so add a little water to achieve desired consistency when heating it up the next day.

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