

## Meatless Meatloaf

### Ingredients:

- 1 c. cooked bulgur wheat (see directions on how to cook)
- ½ c. each: chopped onion, chopped celery, chopped red or orange pepper, chopped tomato
- ¼ c. finely grated carrot
- 1 c. fresh bread crumbs
- ¾ c. quick oats
- ½ c. chopped pecans
- 1 flax egg (mix together 1 T. flax meal + 3 T. water)
- 2 T. almond flour
- 1 t. each: salt, sage, onion powder, garlic powder
- ½ t. each: basil, oregano
- Pinch of thyme

### Directions

1. To cook bulgur wheat, place ½ c. uncooked bulgur wheat and 1 c. water with a pinch of salt in small kettle and bring to a boil. Reduce heat, cover and simmer for 10-15 minutes until water is absorbed.
2. While bulgur wheat is cooking, sauté all the veggies in a little olive oil or vegetable broth.
3. Combine all ingredients, mix well and press into oiled or parchment-lined loaf pan, pie dish or 8 x 8 dish.
4. Make topping of: ½ c. tomato sauce, 1 T. fresh lemon juice, 1 T. coconut sugar. (Double topping if you want more on top) Mix well and spread on top of loaf.
5. Bake at 350° until edges start to brown, 30-40 minutes.

**What is bulgur wheat? Bulgur wheat is a whole wheat grain that has been cracked and partially pre-cooked. As a whole grain, it is a naturally high-fiber, low-fat, low-calorie vegetarian and vegan food ingredient.**