

Meatless Meatloaf

*Free of Egg, Peanuts, Tree nuts, Sesame, Shellfish, Soy, Wheat, Dairy**

1 cup lentils (cooked)

1 can black beans (drained)

1 can tomato paste

½ onion (finely chopped)

Frozen peppers (cooked)

Olive oil

Salt and pepper to taste

Preheat oven to 350 F and grease a loaf pan. Using your hands, mash the beans and lentils in a bowl. Add olive oil and mix in onions, peppers, and seasoning. Press the mixture firmly into the loaf pan and spread tomato paste over the top. Bake for 30 to 35 minutes. Serve warm (as a main dish) or serve cold (as the filling of a sandwich).

Servings: 6 – 8 (\$1.25/serving)