

# ONE-OF-A-KIND LOAF

**Source of Recipe:** Weimar Institute's NEWSTART Lifestyle Cookbook © 1997

Create your own meat-free loaf! Simply select one ingredient from each category, except Seasonings and Vegetable Seasoning, of which several can be used.

## List of Ingredients

**LEGUMES --- 2 cups**      cooked legumes of any variety, such as lentils, kidney beans, garbanzos, pinto beans, soybeans, or tofu, etc.

**GRAINS --- 1 - 2 cups**      whole grain bread crumbs, rolled or quick oats, cooked brown rice or millet, Grape-Nuts cereal, crushed whole grain cereal flakes, whole grain cracker crumbs, whole grain croutons, etc.

**NUTS --- 1/2 cup**, chopped or ground almonds, cashews, pecans, pumpkin seeds, sunflower seeds, walnuts, etc.

**LIQUID --- 1 1/2 cups**      broth from cooked vegetables, plain soy, nut, or grain milk, tomato juice or sauce, V8 beverage, etc.

**BINDER --- 1**            2 Tbsp. soy flour, 2 Tbsp. whole wheat flour, 2 - 3 Tbsp. gluten flour, 3 Tbsp. potato flour, 3 Tbsp. minute tapioca, 1/2 cup cooked oatmeal, 1/2 cup cooked "cream of wheat" cereal, 2 Tbsp. soaked mung beans, blended, etc.

## **SEASONINGS --- 1/2 - 1 teaspoon of one or several, as desired**

cumin, sweet basil, Italian seasoning, oregano, parsley flakes, rosemary, sage, All-Purpose Seasoning, celery salt, garlic or onion salt, garlic or onion powder, food yeast flakes, salt, Vegex, Liquid Aminos, etc.

## **VEGETABLE SEASONINGS --- 1 or more**

1 onion, chopped  
1 - 2 cloves garlic, minced  
2 - 3 tablespoons chopped pimiento, etc.

## **GENERAL DIRECTIONS**

Mix all selected ingredients together. Press into a sprayed loaf pan and bake at 350 degrees for 45 minutes. Serve with a light gravy, if desired. Can also be sliced and used as a sandwich filling. Freezes well.

For Patties: Mix selected ingredients together. Form into patties and bake or brown in a sprayed nonstick griddle