



Lentil & Beef Meatloaf

| <u>U.S.</u> | | <u>Metric</u> |
|-------------|---|---------------|
| 5 oz | Brown Lentils, uncooked | 141 g |
| 1 1/2 cup | Water or Stock (no sodium) | 356 mL |
| 4 oz | Mushrooms | 113 g |
| 1/2 each | Onion | 55g |
| 1/2 each | Red Bell Pepper | 60 g |
| 2 each | Celery Stalks, washed | 2 each |
| 1/2 lb | Ground Beef, lean or extra-lean (90/10 or less) | 228 g |
| 3/4 cup | Whole Wheat Bread Crumbs | 85 g |
| 2 each | Eggs | 2 each |
| 1 Tbsp | Tomato Paste | 15 g |
| 2 tsp | Worcestershire Sauce | 10 mL |
| 1 Tbsp | Parmesan Cheese, grated | 6 g |
| 2 tsp | Ground Cumin | 6 g |
| 1/2 tsp | Salt | 2.5 g |
| 1/4 tsp | Ground Black Pepper | 1.25 g |
| 1 Tbsp | Ketchup | 15 g |
| 1 Tbsp | Whole Grain Mustard | 15 g |
| 1 Tbsp | Brown Sugar | 15 g |
| 1 tsp | Balsamic Vinegar | 5 mL |

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 350 °F / 180 °C.
3. Measure lentils into a strainer or colander. Pick through, removing any rocks or debris; rinse thoroughly under running water.
4. Transfer clean lentils to a medium saucepan; add the stock or water. Bring water to a boil and reduce to a slow simmer. Cook, uncovered, for 10-15 minutes, or until al dente.
5. Strain lentils and rinse in cold water to stop the cooking process.
6. In a food processor, combine mushrooms, onion, bell pepper, and celery. Pulse until a rough paste just begins to form.
7. In a mixing bowl, combine vegetable mix with lentils, beef, breadcrumbs, eggs, tomato paste, Worcestershire, parmesan, cumin, salt, and pepper. Stir or mix with clean hands until evenly incorporated.
8. Transfer beef mixture to a greased muffin pan, tapping the pan on a table or countertop to press out any air pockets.
9. In a separate, smaller mixing bowl, combine ketchup, mustard, brown sugar, and balsamic. Brush or pour over top of meatloaf.
10. Bake meatloaf for about one hour, or until top is golden brown and a thermometer inserted into the middle reads 165 °F / 74 °C.

****Nutrition Facts on Reverse**

| Nutrition Facts | |
|------------------------|-------------------|
| Serving size | 8 oz slice |
| Servings | 5 |
| Calories | 290 |
| Calories from Fat | 70 |
| Total Fat | 8 g |
| Saturated Fat | 3 g |
| Trans Fat | 0 g |
| Monounsaturated Fat | 1 g |
| Cholesterol | 115 mg |
| Sodium | 270 mg |
| Carbohydrates | 39 g |
| Dietary Fiber | 11 g |
| Sugars | 5 g |
| Protein | 24 g |
| Vitamin A | 2 % |
| Calcium | 4 % |
| Vitamin C | 4 % |
| Iron | 0 % |
| Phosphorus | 410 mg |
