

Lentil and Beef Meatloaf (Large Font)

<u>U.S.</u>		<u>Metric</u>
1/2 cup	Lentils, dried	96 g
1 1/2 cups	Vegetable Stock, low-sodium	355 mL
1/2 cup	Mushrooms, washed	50 g
1 cup	Onion, Carrot, Celery Blend, frozen	230 g
1/2 lb	Ground Beef, 90/10	230 g
3/4 cup	Bread Crumbs, whole wheat	85 g
2 each	Eggs, large	2 each
1 Tbsp	Tomato Paste	15 g
2 tsp	Worcestershire Sauce	10 mL
1Tbsp	Parmesan Cheese	8 g
2 tsp	Cumin, ground	1.5 g
1/2 tsp	Kosher Salt	3 g
To taste	Black Pepper, ground	To taste
1 Tbsp	Ketchup	15 g
1 Tbsp	Mustard, whole grain	15 g
1 Tbsp	Brown Sugar	15 g
1 tsp	Balsamic Vinegar	5 mL

Preparation :

1. Gather all ingredients and equipment.
2. Preheat the oven to 350°F (180°C).
3. Place lentils into a colander. Pick through, removing any rocks or debris; rinse thoroughly under running water.
4. Transfer clean lentils to a medium saucepan; add the stock. Bring to a boil and reduce to a slow simmer. Cook, uncovered, for 15-20 minutes, until soft.
5. Strain the lentils. Set aside.
6. In a food processor, combine mushrooms and the frozen vegetable mix. Pulse until a rough paste just begins to form.
7. In a mixing bowl, combine vegetable mix with lentils, beer, 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 loaf pan.
9. In a small bowl, mix together the ketchup, mustard, brown sugar, and balsamic vinegar. Brush or pour over the top of the meatloaf.
10. Bake meatloaf for about one hour, or until the top is golden brown and a thermometer inserted into the middle reads 165°F (74°C).

Nutrition Facts

5 Servings

Serving size **8 oz slice**

Amount per serving

Calories **340**

Calories from Fat 80

Total Fat 9 g

 Saturated Fat 3.5 g

 Trans Fat 0 g

 Monounsaturated 1 g

Cholesterol 115 mg

Sodium 420 mg

Total Carbohydrate 39 g

 Dietary Fiber 6 g

 Total Sugars 6 g

 Includes 3g Added Sugars

Protein 25 g

Vitamin D 0 %

Calcium 4 %

Iron 15 %

Potassium 575 mg

Phosphorus 150 mg
