

Vegetarian "Meat Loaf"

Vegetarian Pareve

Serves 4

INGREDIENTS:

- 12-16 oz Plant-based ground meat
- 1 Onion, yellow, grated
- 1/2 cup Breadcrumbs
- 1 Egg, beaten
- 1/2 cup Tomato Juice, V-8, or Spaghetti Sauce
- 1/2 cup Ketchup and Barbeque Sauce mixture for glaze

PROCEDURE:

Grease a loaf-type baking pan and preheat oven to 350°

Mix together the Meat, Onion, Breadcrumbs, Egg, and Tomato liquid and press into baking pan.

Spread Glaze mixture on top of loaf to seal the loaf from drying out while baking.

Bake for 45 minutes.