

Vegetarian Meatloaf with Tomato Relish

Tomato relish:

2 Tbls olive oil

2 Bay Leaves

2 Red Bell peppers, seeded and chopped

2 Tomatoes, seeded and chopped

¼ cup chopped Flat-Leaf Parsley

8 oz Ro-Tel Mild Tomato & Green Chili Sauce

1 Tbls Bragg Liquid Amino

For the tomato relish, coat a skillet with olive oil and place over medium heat. Sauté the red peppers until soft. Add the bay leaves, tomatoes, parsley, Ro-Tel, Bragg's, and 8 oz water, cook for 10 minutes or until the vegetables cook down. Remove from heat. Remove the bay leaves.

Meatloaf:

¼ cup Oatmeal, uncooked

¼ cup Vital Wheat Gluten

1 cup Panko Bread Crumbs

12 oz Veggie Crumbles

8 oz Mushrooms, chopped

1 Green Bell Pepper, seeded and chopped

1 Carrot, peeled and chopped

8 oz Tomato Sauce

1 Tbls Bragg Liquid Amino

1 Tbls Thyme

1 Tbls Italian Seasoning

Flat Leaf Parsley

In a large mixing bowl combine the dry ingredients. Fold in ½ cup of the tomato relish. Sauté the bell pepper and carrot in olive oil until soft. Combine remaining ingredients. Mix well, using your hands if needed. Press into a lightly greased loaf pan. Pre-heat oven to 375 degrees. Cover with foil and bake for 30 minutes. Spread remaining tomato relish over top of the loaf. Cook, uncovered, for another 15 minutes, or until done. Garnish with parsley.