



Columbia Grain™

CULTIVATING GROWTH™

## RECIPE

# Christmas Chickpea-Lentil Loaf, Vegan & Gluten-Free

This savory lentil loaf features a comforting mix of lentils and chickpeas for a protein-packed staple, sure to enhance any holiday spread.

## INGREDIENTS

### SAUTE

- 1 tablespoon olive oil
- 1 medium onion, diced
- 4 cloves garlic, minced
- 1 cup diced carrot

### BLEND

- 2 cups cooked lentils
- 1 ½ cups (1 15-ounce can) cooked chickpeas
- 6 tablespoons water
- 2 tablespoons ground flaxseed

### EVERYTHING ELSE

- ¾ cup rolled oats
- 2 tablespoons tamari
- 2 tablespoons nutritional yeast
- ½ teaspoon liquid smoke
- 1 teaspoon dried thyme
- salt and pepper, to taste

### SERVE WITH

- mashed potatoes
- vegan gravy

## INSTRUCTIONS

1. Preheat the oven to 375°. Grease a 9" x 5" loaf pan.
2. In a medium-sized pan, heat the olive oil at medium-high heat. Add the onion, garlic and carrot, and sauté for 10 minutes, until tender.
3. Combine the lentils, chickpeas, water and ground flaxseed in a blender or food processor. Pulse until a somewhat smooth but textured consistency is formed. Transfer the mixture to a large bowl.
4. Add the onion mixture from the pan to the bowl. Stir in the oats, tamari, nutritional yeast, liquid smoke, dried thyme, salt and pepper.
5. Use a spatula to transfer the mixture to the loaf pan. Bake for 50-60 minutes, until the top is crisp.
6. Slice and serve with mashed potatoes and vegan gravy.

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