

# Beyond Meat and Mushroom Meatloaf Sammy

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

**Servings: 12**      **Serving size: 1 sandwich**

Ingredients	Quantity	Measure
Sandwich Bread (Wheat or White)	24	slices
Aquafaba Mayonnaise or other Non-Dairy Mayonnaise	1 ½	cups
Beyond Meat and Mushroom Meatloaf (see recipe), cooled	12	slices
Beefsteak Tomato or other large slicing tomato	24	slices
Green Leaf Lettuce	12	leaves

## Preparation

1. Toast 2 slices of the bread until golden brown (either using a toaster or on a grill). Once toasted, spread 1 tablespoon of the mayonnaise evenly on one side of bread. Using one slice as the bottom of the Sammy, place a 4 ounce slice of meatloaf on top of the mayonnaise side of the bread. Building up from there, place 2 slices of tomatoes on top of the meatloaf and then place one leaf of lettuce on top of the tomatoes. Cover the top of the Sammy with the remaining bread with the mayonnaise side down. Cut in half and serve.

## Serving Information/Notes

To make more delicious, increase the mayonnaise to 3 cups and place 1 tablespoon on each side of the bread and place on a grill or flat top to toast. Remove from the grill and follow the instructions as directed with adding 1 tablespoon mayonnaise on the inside of each piece of bread and then continue.

## Nutrition Information

 \*From USDA Nutrient Database

Calories: 504 Total Fat: 27.4g Saturated Fat: 2.8g Monounsaturated Fat: 9.6g Polyunsaturated Fat: 9.3g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 42g Fiber: 7.5g Total Sugar: 10.9g Protein: 22.4g Sodium: 1500mg Vitamin A: 59µg Vitamin C: 28.9mg Calcium: 241mg Iron: 7.2mg Folate: 27µg