

Beyond Meat and Mushroom Meatloaf

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving size: 4 ounces (2 slices of 2 ounce each)

Ingredients	Quantity	Measure
Flax seed, ground	3	Tbsp.
Water	1/2	cup
Canola oil, divided	1/2	cup
Mushrooms, sliced	1	pound
Onion, yellow small dice	1	cup
Red bell pepper, small dice	1	cup
Soy sauce	2	Tbsp.
Italian seasoning	2	Tbsp.
Beyond Meat crumbles, regular or feisty	2 1/2	pounds
Panko breadcrumbs	1	cup
Salt	1	Tbsp.
Black pepper	2	tsp.
Ketchup	1/4	cup
Brown sugar	1	Tbsp.
Apple cider vinegar	1	Tbsp.

Preparation

1. Heat oven to 350 degrees Fahrenheit.
2. In a small bowl, mix the ground flax seed and water together and allow to rest for five minutes. This will allow the mixture to thicken.
3. Using a food processor, process sliced mushrooms until they are minced. Heat a skillet or flat top over medium-high heat and add 1/4 cup oil. Add the mushrooms in a single layer and allow the moisture to evaporate and the mushrooms to caramelize. Flip the mushrooms over and repeat. Once caramelized, remove from the pan and allow to cool. Add the onion, red bell pepper, soy sauce, and Italian seasoning and mix well.
4. In a large bowl or stand mixing bowl, combine the beyond meat and mushroom/vegetable mixture. Add the flax seed mixture and continue to mix until fully combined. Add the panko breadcrumbs, salt, and pepper. The mixture is ready when all ingredients are combined and there are no dry spots in the breadcrumbs.



Beyond Meat and Mushroom Meatloaf Continued

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5. Prepare two loaf pans with pan spray and parchment paper or use a sheet pan with parchment paper. Place the meatloaf mixture into the loaf pans or divide into two halves and shape into loafs on the sheet pan. Bake for 40 minutes (rotate after 20 minutes) or until internal temperature is 160 degrees.
6. Mix the ketchup, brown sugar, and apple cider vinegar together in a bowl. Pour half of the mixture on each meatloaf and bake for an additional 10 minutes, allowing the glaze to form and set.
7. Remove the meatloaves from the oven and allow to cool for about 5 minutes. Portion the meatloaves by cutting each piece and serve with sides of vegetables and/or mashed potatoes.

Nutrition Information *From USDA Nutrient Database

Calories: 227 Total Fat: 12.9g Saturated Fat: 0.7g Monounsaturated Fat: 6.6g Polyunsaturated Fat: 1.5g Trans Fat: 0.1g Cholesterol: 0mg Carbohydrate: 12g Fiber: 2.7g Total Sugar: 3.9g Protein: 15.7g Sodium: 1153mg Vitamin A: 22µg Vitamin C: 18.2mg Calcium: 33mg Iron: 3.3mg Folate: 14µg