

Lentil and Bean Roast (Vegetarian & Vegan)

11 ingredients · 50 minutes · 4 servings



Directions

1. Preheat oven to 180 degrees. Grease a loaf tin with baking paper and set to the side.
2. Heat oil in a pan and saute' garlic and onion for 3 minutes. Add mushrooms and grated carrot and saute' for a further 5 minutes.
3. Add the remaining ingredients and stir to combine. Mash together with so that it comes together. *Do not over mash it together. *If too dry add a small amount of water.
4. Place mixture into loaf tin and bake in the oven for 40 minutes until crispy on top.
5. Serve with homemade gravy and a side of lightly steamed green veg. Enjoy!

Ingredients

- 1 **tblsp** Extra Virgin Olive Oil
- 1 Yellow Onion (small, brown, finely chopped)
- 2 Garlic (cloves)
- 1 **cup** Mushrooms (finely chopped)
- 1 Carrot (grated)
- 1 **1/2 cups** Red Kidney Beans (1 can)
- 1 **1/2 cups** Lentils (1 can, green or brown)
- 1 **tblsp** Tamari (or soy sauce, coconut aminos)
- 2 **tblsp**s Italian Seasoning (dried mixed herbs)
- 1/4 **cup** Nutritional Yeast
- 1 **1/4 cups** Oats

Nutrition

Amount per serving

Calories	356	Sugar	5g
Fat	6g	Protein	23g
Carbs	56g	Sodium	295mg
Fiber	18g		