



VEGETARIAN MEATLOAF

Ingredients

For 1 cake

1 bottle barbeque sauce
1 package vegetarian
burger crumbles
1 green bell pepper
1 onion
1 clove garlic
100g soft bread crumbs
3 tbsp Parmesan cheese
1 egg
1/4 tsp dried thyme
1/4 tsp dried basil
1/4 tsp parsley flakes

Steps

- 1.** Preheat oven to 165°C, then lightly grease a loaf pan.
- 2.** In a bowl, mix half of the barbeque sauce with the vegetarian burger crumbles, green bell pepper, onion, garlic, bread crumbs, parmesan cheese, and egg. Season with thyme, basil, parsley, salt, and pepper.
- 3.** Transfer to the loaf pan. Bake 45 minutes in the preheated oven.
- 4.** Pour remaining barbeque sauce over the loaf, and continue baking 15 minutes, or until loaf is set.