



VEGETARIAN MEATLOAF WITH VEGETABLES

Ingredients

For 1 oven dish

200g vegetarian ground beef
200g vegetarian burger
crumbles
1 onion
2 eggs
2 tbsp vegetarian
Worcestershire sauce
1 tsp salt
1/3 tsp pepper
1 tsp ground sage
1/2 tsp garlic powder
2 tsp prepared mustard
1 tbsp vegetable oil
2 slices bread
80g milk
1 can tomato sauce
4 carrots
4 potatoes
1 cooking spray

Steps

1. Preheat oven to 175°C.
2. In a large bowl combine vegetarian ground beef, vegetarian ground beef crumbles, onion, eggs, Worcestershire sauce, salt, pepper, sage, garlic powder, mustard, oil, bread cubes and milk.
3. Transfer to a baking dish and form into a loaf. Pour tomato sauce on top. Place carrots and potatoes around loaf and spray vegetables with cooking spray.
4. Bake 30 to 45 minutes; turn vegetables. Bake another 30 to 45 minutes. Let stand 15 minutes before slicing.