

Pecan Loaf – Plant Based

Serves: 6 servings

Ingredients

1 (15-ounce) can kidney or pinto beans, drained (but reserve ¼ cup of the liquid (aquafaba))
1 cup oat flour
½ cup pecans
1 medium portobello mushrooms minced
2 tablespoons nutritional yeast
2 tablespoons tomato paste
1 tablespoon vegan Worcestershire sauce
¼ c finely chopped onion
1 teaspoon salt
1 teaspoon thyme
1 teaspoon marjoram
½ teaspoon smoked paprika
1 clove finely minced garlic
¼ teaspoon ground rosemary

Topping

½ cup ketchup
3 tablespoons honey
1 tablespoon balsamic vinegar
1 tablespoon vegan Worcestershire sauce

Instructions

1. Mix all the loaf ingredients together, including bean liquid (mixture can be stored overnight in the refrigerator in an airtight container)
2. Gently pat mixture into loaf pan.
3. Bake for 40 to 45 minutes
4. While loaf is baking mix ingredients for topping.
5. As soon as loaf is removed from oven spread topping on top of loaf.