Naturally Vegetarian Meatloaf

Ingredients:

* 1 C      Green Bell Pepper, chopped
* 1 C      Red Bell Pepper, chopped
* 1 C      Onion, chopped
* 1 jar    Pasta Sauce 24 oz, your favorite, choose one without MSG
* 1 T      Parsley Flakes
* 2         Mock Meat recipe
* 1 t       Thyme, dried
* 1 t       Basil, dried
* 1 t       Oregano, dried

Directions:

1. Using a large bowl,  place Mock Meat and vegetables together and mix.

2. Pour 1/2 of the bottle into the bowl.

3. Add all herbs to the bowl, except the parsley.

4. Using hands, massage all ingredients together in bowl.

5. Place mixture into casserole pan, shape into loaf.

6. Pour remaining tomato sauce down the loaf, allowing it to fall down the sides.

7. Place loaf into oven at 350 degrees for 30-45 minutes or until warm in the center.

Mock Ground Meat

Ingredients:

* 4 c      Water (boiling)
* 2 c      Bulgur Wheat
* 1 c      Pecan Meal
* 1 t       Garlic Powder
* 2 T      Onion Powder
* 3 T      Gomasio (toasted sesame seeds – grounded)
* 1 T      Parsley
* 2 t       Herbs N’ More
* 1 T      Parsley
* 1¼ t   Sage
* ¼ c     Nutritional Yeast Flakes

Directions:

1.     Add all ingredients to boiling water and stir and simmer for 10 minutes.

2.     Remove from heat and let stand for 15-20 minutes.

3.     Spread evenly onto oiled or parchment paper lined cookie sheet and bake at 350º until browned.

4.     Remember to turn mixture every 15-20 minutes.