

NotMeatloaf

Impossible burger (1 package)
Handful of sliced mushrooms chopped fine in a food processor
1/4 cup breadcrumbs
2 tbsp ketchup
3/4 of a sm yellow onion
2 cloves garlic
1/2 handful of fresh parsley
1 tsp ea:
Salt
Pepper
Onion powder
Garlic powder
1 tbsp vegan Worcester sauce (optional)



Preheat oven to 400. Combine all ingredients. Form into a loaf on a baking sheet lined with parchment paper. Bake for 25 minutes. Baste with more ketchup and bake an additional 5 minutes. Let rest 5 minutes before slicing and eating.

Mashed potatoes

5 potatoes peeled, cut up and boiled until soft. Drain and return to pot. Add vegan spread (we use Earth's Balance) and vegetable broth while mixing with a hand mixer to desired consistency. Add salt and pepper to taste.

Mushroom gravy

1 cup mushroom or vegetable broth
Handful of sliced mushrooms
1 clove garlic
1/4 yellow onion
Onion powder
Garlic powder
Salt
Pepper
3 tbsp vegan spread
2 tbsp flour
Splash of red wine

Bring broth to a boil. Season with salt, pepper, garlic powder and onion powder to taste. Melt vegan spread with flour over medium heat in a separate pan to make a rue. Stir into broth to thicken.

Sauté onions garlic and mushrooms in a small fry pan. Add a splash of red wine and cook Down, season with salt and pepper to taste. Add to thickened broth. Add another splash of wine if desired.