

LOVE THY CARROT

real food made with love

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Black Bean Veggie Loaf with a Cherry Tomato Topping

INGREDIENTS

This recipe serves: 6

- 2 cans black bean, drained and rinsed well
- 1 1/2 cups oats
- 1/2 pepper, red or yellow
- 1 carrot
- 1 stalk of celery
- 1 small onion
- 1 cup chopped kale
- 1 clove garlic
- 3 tbsp organic ketchup
- 1 tsp basil
- 1 tsp oregano
- 2 eggs, beaten
- 1/2 tsp salt
- 1/2 tsp black pepper
- oil for sautéing

Ingredients For the Glaze:

- 1 cup chopped cherry tomatoes, cut in half
- 1 tbsp maple syrup
- 1 tbsp balsamic vinegar
- dash of cayenne pepper

DIRECTIONS

1. Preheat oven to 350F
2. Using a food processor chop all veggies; peppers, carrot, celery, onion, garlic and kale until finely minced. You can do this with a knife but since you are already going to use the processor for the beans you may as well use it for the veggies too.
3. In a large saute pan, add oil and cook the veggies for about 5 or 6 minutes, or until soft. Set aside.

4. Process drained and rinsed black beans in the a food processor, (no need to clean processor from the veggies) - until the beans are broken down but not mushy. I like to keep back about 1/2 cup of the beans to add after to give the loaf extra texture.
5. In a large bowl combine the black beans, oats, egg and all the seasoning. Add in the sauted veggies and mix well. You may want to use your hands.
6. Put mixture into a well oiled or parchment lined loaf pan.
7. Top will glaze.
8. Bake for 30 to 40 minutes.
9. Let rest before cutting.

Directions for the Glaze:

1. Place the cut cherry tomatoes, maple syrup, balsamic vinegar and cayenne pepper in a small bowl and mix.
2. Spoon on top of the prepared loaf.

C O O K S N O T E S

- Great for leftovers.
- Serve with spicy mustard or your favourite dipping sauce.