



Veggie Bean Loaf with Hemp Hearts

Serves: 8

Ingredients:

For the Loaf:

- 3 tbsp chia seeds mixed with 1/2 cup water
- 1 1/2 cup dried mung beans which yields 4 cups of cooked beans, here is how I cooked the **mung beans**.
- 1 cup ground oats, (make the ground oats by putting oat flakes into a food processor and process until the oats reach a very fine consistency).
- 1 cup chopped tomatoes
- 1 tbsp olive oil
- 1 onion chopped
- 4 cloves of garlic, minced
- 2 medium carrots, finely chopped
- 2 celery stalks, finely chopped
- 1/4 tsp chili flakes
- 1 tbsp thyme
- 1/2 tsp salt
- 1/4 tsp pepper
- 2 tbsp soya sauce
- 1 tbsp dijon mustard
- 1/2 cup organic ketchup
- 2 tbsp maple syrup
- a big handful hemp hearts

Directions for the Loaf:

- 1 Preheat oven to 350F.
- 2 Line a loaf pan with parchment, I like to let the parchment hang over the sides, this makes it easy to remove the loaf
- 3 Make your chia egg by mixing the chia seeds with the water, stir and let sit for about 10 to 15 minutes or until it becomes a gel-like consistency.
- 4 In a food processor, chop onions, garlic, carrots and celery until finely minced or you could chop by hand.
- 5 In a sauce pan heat oil and sautee the chopped onion, garlic and celery for about 5, then season with the chili flakes, thyme, salt and pepper, set aside.
- 6 Back in the food processor, (no need to clean from the veggies) - process the beans, they should still be chunky.
- 7 In a large bowl add the cooked veggies, beans, ground oats and the remaining ingredients. Mix well, this is where I find it much easier to use my hands to get everything well combined. Taste and adjust seasonings.
- 8 Put the mixture into the prepared loaf pan, pressing the mixture firmly into the pan.
- 9 Make the glaze by mixing in a small bowl the ketchup and maple syrup, brush over loaf.
- 10 Bake at 350F for about an hour, let loaf sit for about 15 minutes before removing from pan.
- 11 Before serving sprinkle with a handful of hemp hearts.

Cooks Notes:

Remember to let the loaf sit for at least 15 to 20 minutes before cutting - I enjoy this best the next day straight from the fridge with some hot sauce or dijon mustard. The hemp seeds add some added crunch and nutrition too. I made mine with Mung Beans but I am sure it would be delicious with any beans.