

# Lentil and Sweet Potato Loaf

## Ingredients

- 1 small white or yellow onion diced
- 2 medium sized celery stalks, trimmed and diced (about a cup)
- 2 carrots, peeled and diced
- 3 cloves garlic, minced
- 2<sup>3</sup>/<sub>4</sub> cup low sodium vegetable broth
- 1 cup uncooked brown or green lentils
- 1<sup>1</sup>/<sub>2</sub> cups grated sweet potato
- 1 cup rolled oats
- <sup>1</sup>/<sub>2</sub> teaspoon salt
- Pepper
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- <sup>1</sup>/<sub>4</sub> cup tomato paste

## Instructions

1. Preheat your oven to 350F. Saute onions, celery and carrot and garlic in small amount of veggie stock. Stirring frequently, until the onions are soft and clear, about 5 -6 minutes.
2. Add the broth, lentils and sweet potato to the pot. Bring the mixture to a boil and then reduce heat to low. Cover and simmer until lentils are tender, about 30 minutes.
3. Stir in the oats and remove the mixture from heat. Add salt, pepper, dried spices, and tomato paste. Mix everything well with your hands. Texture should be very thick. If you think it needs to be drier, add some more oats. If it's too dry, add a little veggie broth.
4. Press the mixture into a loaf pan. Brush with ketchup if desired. Cover with foil and bake at 350F for 40 -45 minutes, or until a knife inserted into the loaf feels firm. Remove the foil 20 minutes after the loaf starts baking.