

# Walnut "Meat" Loaf

Makes 10 | Active Time: 25 minutes | Total Time: 1 hour 35 minutes

*Swick*

## Making the Loaf

Preheat oven to 375°F (190°C). Generously oil a 9 × 5 (23 cm x 12 cm) loaf pan.

In a large bowl, combine both types of bread crumbs, ground walnuts, and oats.

In a food processor, pulse onions, celery, ketchup, and 2 tablespoons oil until broken down but not completely liquefied.

Add wet ingredients to dry mixture, along with poultry seasoning, garlic powder, and milk, and mix until well moistened; add more milk if it's not moist enough.

Pour mixture into prepared pan and cover with foil. Bake for 70 minutes and remove foil. Bake for an additional 10 minutes, or until a knife or toothpick comes out clean.

Let cool 10-15 minutes before slicing. Serve with gravy or ketchup.

## Step 1: Making the Loaf

- 1 cup whole wheat bread crumbs
- 1 cup seasoned bread crumbs
- 2 cups walnuts, finely ground
- 1/2 cup instant oats, coarsely ground in food processor
- 2 large onions, minced
- 2 celery heart stalks, minced 3 tablespoons ketchup
- 2 tablespoons vegetable oil
- 1 teaspoon poultry seasoning
- 1 tablespoon garlic powder
- 1/4 cup almond or soy milk