

## Black Bean & Mushroom Loaf

Cooked comfort food during the winter is nice to have. I start every meal with a big raw salad then I add some of my favorite cooked foods such as yams, squash, Brussels's Sprouts and this tasty loaf. Nuts or seeds and beans or lentils are the base of many of my vegan loafs.

**Ingredients needed:** makes 1 large loaf pan

- 1 cup any combination of nuts & seeds
- 1 cup beans or lentils
- 1 cup sliced mushrooms
- 1 small onion diced
- ½ cup diced celery
- 1 medium tomato diced
- 2 cloves of garlic minced
- ½ cup of each: red sweet peppers & diced zucchini
- Seasonings about 1 tsp of each: sea salt, turmeric, basil, thyme, curry (optional)
- 1 cup oatmeal or cooked rice

**Step 1:** soak your nuts (or a combination of nuts and seeds) and dried beans overnight – drain them once they have softened or use 1 cup organic black beans (make sure you rinse them well before using them in any recipe).

**Step 2:** put the rest of the ingredients (except the oatmeal) into your food processor and process until mixed well

**Step 3:** add the drained nuts/seeds and beans and continue processing

**Step 4:** put this mixture into a large bowl and add the oatmeal or rice and stir until mixed

**Step 5:** grease your loaf pan and add the veggie nut/bean mixture (I made mine in 6 small individual round baking dishes)

**Step 6:** Bake at 325F for 45-60 minutes and serve hot or cold



## Marinated Mushrooms with Veggies

**Marinade:**

- 3 tbsp. or each: extra virgin olive oil & apple cider vinegar & naturally fermented soy sauce
- 1 clove garlic
- 1 tsp. horseradish
- 2 tsp. maple syrup or honey
- pinch cayenne pepper

Blend well then pour over mushrooms and let them sit for 1 hour to marinate in the fridge.

These can be grilled for 15 minutes then sliced and served with some cooked veggies (we have steamed asparagus, baked yams and cooked red cabbage as you see in the picture).

Or you can dehydrator at 105F for 3-4 hours turning once or twice while drying.

