



Oatmeal Veggie Loaf

(modified from a burger recipe in “Quaker Best-Loved Recipes”)

Ingredients:

- 3 tsp. (15 mL) vegetable oil
- 1 cup (250 mL) sliced mushrooms
- 1 cup (250 mL) shredded carrots
- 3/4 cup (187.5 mL) chopped onion
- 3/4 cup (187.5 mL) chopped zucchini
- 2 cups (500 mL) oat flakes
- 1 (15 oz = 426 mL) can kidney beans, rinsed and drained
- 1 cup (250 mL) cooked rice
- 2 tbsp. (30 mL) soy sauce
- 1 tsp. (5 mL) garlic powder (or use fresh)
- 1/8 tsp. (0.75 mL) black pepper

Directions:

1. Mix all of the ingredients together.
2. Process the mixture in a food processor until somewhat smooth (you'll likely have to do this in batches and then mix everything together again at the end).
3. Put mixture into a large, greased loaf tin and bake at 350°F (180°C) for about an hour, until the centre looks fairly dry and springs back slightly when touched.