

## Vegetarian Meatloaf

### INGREDIENTS:

|       |  |
|-------|--|
| 1 C   | chopped celery                           |
| 1 C   | sliced carrots                           |
| ½ C   | medium onion, peeled and quartered       |
| 3     | garlic cloves, minced                    |
| 1 T   | vegetable oil                            |
| ¾ C   | catsup, divided                          |
| 1/3 C | dry breadcrumbs                          |
| 2     | large eggs                               |
| 2     | 12 oz packages of meatless ground burger |
|       | cooking spray                            |

### DIRECTIONS:

Preheat oven to 350 degrees F. Combine first 4 ingredients in a food processor and process until finely chopped. Then heat oil in a nonstick skillet over medium-high heat. Add onion mixture, ½ C of catsup, breadcrumbs, eggs and meatless burger in a large bowl and mix well. Place mixture in a greased loaf pan using cooking spray. Spread the remaining catsup over the top of the loaf and bake for 35 minutes at 350 degrees. Before serving, let stand for about 10 minutes.

Makes 8 servings  
Calories: 209/serving

### NUTRITIONAL INFORMATION PER SERVING:

14g protein  
22g carbohydrates  
8g fat  
720 mg sodium  
56 mg cholesterol  
4 g fiber