

Black-eyed Pea Loaf by Ray Glend

Allergens: None

Ingredients

- ¼ teaspoon ground fermented black garlic (optional)
- 1 teaspoon sweet paprika
- 2 teaspoons smoked paprika
- ½ teaspoon salt or 1 tablespoon liquid aminos
- 1 cup crumbled smoky or plain tempeh*
- ¼ cup ketchup or barbecue sauce (vegan)
- ¼ cup yellow mustard
- 1 cup quick-cook oats
- 2 teaspoons toasted sesame oil

Directions/Preparation Steps

1. Combine the mashed black-eyed peas and rice in a large mixing bowl. Mix well.
2. Preheat oven to 350° F.
3. In a large skillet over medium heat, add a few tablespoons of broth and sauté onions until translucent. Add carrots, celery, mushrooms, bell pepper, and garlic. Continue to sauté for about 5 minutes, adding more broth as necessary to prevent sticking. Veggies should be partially cooked.
4. Add the cooked veggies to the mashed black-eyed peas and rice. Mix in the sweet paprika, smoked paprika, and salt (or aminos). Add tempeh, ketchup, mustard, oats, and sesame oil. Mix thoroughly.
5. Transfer mixture to a parchment-lined 8-inch square baking pan.
6. Bake at 350° F for 35 to 40 minutes, until browned on top.
7. *Note: If using plain tempeh, it can be sautéed in vegetable broth before adding to mixture (optional).