

# CHICKPEA WILD RICE

## NO-MEAT LOAF



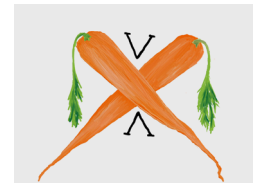
SERVES: 6-8

PREP TIME: 50 MINS

COOK TIME: 45 MINS

TOTAL TIME: 1 HR 35 MINS

### THE VARIANT VEGGIE



PLANT-BASED  
NUTRITION.

NEVER BLAND.  
ALWAYS VARIANT.

### INGREDIENTS

1/2 cup wild rice, uncooked  
1 can chickpeas, drained and rinsed  
2/3 cup raw walnuts, finely chopped  
1/2 cup dried cranberries,  
unsweetened, finely chopped  
1 tsp extra virgin olive oil  
1 medium yellow onion, finely diced  
2-3 small garlic cloves, minced  
2 flax eggs (2 TBSP ground flax seeds  
+ 3 TBSP warm water)  
1/4 cup bread crumbs, gluten free if  
preferred  
1/4 cup vegan parmesan\*  
2 sprigs fresh oregano leaves,  
chopped  
2 sprigs fresh thyme leaves, chopped  
1 tsp sea salt  
fresh ground pepper, to taste  
Warm water, for moisture

### METHOD

Cook wild rice. Add 1/2 cup rice to a medium saucepan with 1 1/4 cup water. Bring to a low boil. Reduce heat to simmer, cover, cook for 40-45 minutes. Rice should be tender and water should be absorbed. Set aside to cool.

Line a loaf pan with parchment paper, lightly grease with coconut oil. Preheat oven to 350 degrees F. Prepare remaining ingredients while rice is cooking.

Make flax egg: place flax seeds and warm water in a small bowl or jar. Stir well. Allow to thicken for about 5 minutes.

Add rinsed and drained chickpeas to a food processor. Blend into a rough paste. Add walnuts into the processor, pulse again until only small pieces remain. Now add dried cranberries, pulse again until finely chopped within the mixture. The mix may look dry at some point, if it does, add warm water, 1 TBSP at a time to moisten and encourage even blending. Transfer to a large bowl and set aside.

Place a small saucepan over medium-high heat, add 1 tsp extra virgin olive oil and finely diced onion. Sauté for 3-4 minutes, until onions become translucent. Add minced garlic and cook for an additional minute. Remove from heat and set aside.

To the large bowl with chickpea mixture, add cooled wild rice, thickened flax egg, cooled onion/garlic, bread crumbs, vegan parm, chopped oregano and thyme, salt, and pepper. Now, with clean hands, mix ingredients well. Taste for additional salt/pepper. When the ingredients are fully incorporated, transfer to the prepared loaf pan. Press gently into the pan, ensuring the top is flat for even cooking.

Bake in 350 degree oven for 35-45 minutes. Cool for at least 10 minutes before removing from pan. Serve immediately, or alternatively, refrigerate in an airtight container for up to 2-3 days and reheat to serve. This also freezes well for later enjoyment!

## NOTES:

\*Vegan Parmesan: 1 cup raw walnuts, 1 TBSP nutritional yeast, 1 garlic clove, 1/2 tsp sea salt. Blend together in a high speed blender until a sand-like texture forms.

Recommended topping: cranberry sauce, mushroom gravy, additional walnuts or herbs

## NUTRITION:

Serving Size: 1/6 recipe (1 thick slice) Total Calories: 223 Total Fat: 15 g

Saturated Fat: 1 g Sodium: 200 mg Total Carbohydrate: 20 g

Fiber: 5 g Sugar: 1 g Protein: 10 g