



Black Bean and Quinoa Loaf

By The Lovin' Forkful

Serves: 8

Ingredients

- 3 tablespoons chia seeds
- ½ cup warm water
- 2 cups cooked quinoa (see note)
- 1 tablespoon olive oil
- 1 onion chopped
- 4 garlic cloves, minced
- 1 medium size carrot, chopped
- 2 celery stalks, chopped
- Salt and ground black pepper, to taste
- 1 (19-ounce) can no-salt-added black beans, rinsed and drained
- ¾ cup rolled oats
- 1 teaspoon basil
- 1 teaspoon oregano
- 2 tablespoons soy sauce
- ½ cup tomato sauce

Instructions

1. Preheat oven to 350 F and line a loaf pan with parchment, so that the parchment paper hangs over the edges by 2 inches. This makes it easy to remove the baked loaf.
2. Chia egg: Mix 3 tablespoons of chia seeds with ½ cup warm water and stir well. Refrigerate for at least 15 minutes, so it can gel up.
3. Finely chop the onion, garlic, carrot and celery (I used a food processor).
4. Heat the olive oil in a pan, over medium heat, and sauté the vegetables for 4 or 5 minutes. Season with salt and pepper and set aside.
5. In a food processor, combine the beans, oats, basil, oregano, soy sauce and tomato sauce. Pulse until a sticky paste is formed. Mix in a large bowl with the sautéed vegetables, 2 cups of cooked quinoa and the chia egg. Stir well.
6. Taste and adjust seasonings.
7. Turn the mixture into the loaf pan and spread out with a spoon. Press the mixture firmly and evenly into the pan.
8. Bake at 350 for about an hour. Rest on a cooling rack for ten minutes, then lift the loaf from the pan using the excess parchment paper. Peel off the parchment and serve on a platter, garnished with fresh herbs. Enjoy.

Notes

1 cup dry quinoa yields about 3 cups cooked quinoa. To cook 1 cup quinoa, you need about 2 cups liquid.

Nutrition Information

Serving size: 1 Calories: 228 Fat: 7.1 g Carbohydrates: 32.1 g Sodium: 321 mg Fiber: 9.6 g Protein: 9.4 g Cholesterol: 0

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