Globally Inspired Flavor Solutions®

With meaty mushrooms and Impossible Meat, this rich vegan meatloaf is accented with Moroccan Harissa paste and fresh herbs.

Impossible Meatloaf with Mushrooms

Yield: 6 servings

INGREDIENTS	MEASUREMENTS	NUTRITION FACTS (Per1/6 recipe)
Coconut oil	3 tbsp	Calories 400
Mixed mushrooms, finely chopped	8 oz	Fat 27g
Onion, finely chopped	1	Cholesterol 0mg
Garlic, minced	3 cloves	Sodium 800mg
Salt and pepper	1/4 tsp	Carbohydrate 20g
Impossible® Meat Crumbles	1 1/2 lbs	Fiber 5g
Toasted walnuts, chopped	1/3 cup	Sugars 8g
SupHerb Farms Fusions® Moroccan Harissa, divided	3 tbsp	Protein 22g
Finely chopped fresh mint	1 tbsp	DIETARY STATEMENTS
Finely chopped fresh cilantro	1 tbsp	Vegan
Tomato sauce	1/3 cup	Vegetarian
Brown sugar	2 tbsp	Egg Free
Soy sauce	4 tsp	Dairy Free

PREPARATION

1. Preheat oven to 350˚F. Heat oil in large skillet set over medium-high heat. Cook mushrooms, onion, garlic, salt and pepper for 6 to 8 minutes or until golden and tender. Let cool slightly.
2. Mix together Impossible® Meat Crumbles, mushroom mixture, walnuts, 2 tbsp SupHerb Farms Fusions® Moroccan Harissa, mint and cilantro until well combined.
3. Press into greased 8- x 4-inch loaf pan. Stir together remaining SupHerb Farms Fusions® Moroccan Harissa, tomato sauce, brown sugar and soy sauce; set aside. Bake meatloaf for 30 to 35 minutes or until heated through.
4. Increase oven temperature to 425˚F. Invert meatloaf onto parchment paper–lined baking sheet; brush tomato sauce glaze all over top and sides. Bake for 10 to 15 minutes or until glaze is bubbling and thickened.

TO SERVE

Let stand for 10 minutes. Slice and serve with additional SupHerb Farms Fusions® Moroccan Harissa if desired.

TIPS
• Serve with mashed or roasted sweet potatoes.
• Use leftover meatloaf in sandwiches, shepherd's pie and/or chili.