

# Top Engine Meat Loaf

## Ingredients

- 2 stalks celery, chopped
- ½ onion, chopped
- 2 cloves garlic, minced or pressed
- 10 ounces firm tofu, drained
- ¼ cup walnuts, finely ground
- 1 ½ cups cooked brown lentils
- 1 ¼ cups quick-cooking oats
- 3 tablespoons soy sauce
- 2 tablespoons ketchup
- 1 tablespoon Dijon mustard
- 2 teaspoons dried parsley
- ½ teaspoon each thyme, sage and rosemary
- Ketchup, to taste (for topping)

## Instructions

Preheat oven to 350 degrees. Sauté celery, onion and garlic on high heat in skillet with a little water or low sodium vegetable broth for 5 minutes or until tender. Remove from heat and cool.

Mash tofu in a large bowl. Stir in cooked mixture and remaining ingredients, combining well. Spoon mixture into a loaf pan. Top with a layer of ketchup. Bake for 55 to 60 minutes, or until a toothpick comes out clean.

*Servings:* 6 to 8

<https://engine2diet.com/blog/top-engine-2-recipes-lynns-meatloaf/>