



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Beef and Lentil Meatloaf

This savory meatloaf, featuring fiber-rich and protein-packed lentils, is full of flavor and makes a great centerpiece for family gatherings!

INGREDIENTS

- 1 cup dry lentils
- 2 eggs
- ½ cup ketchup or BBQ sauce
- 2 tablespoons mustard (yellow, brown or Dijon)
- 1 pound lean ground beef or turkey
- 1 teaspoon granulated garlic
- 1 tablespoon black pepper
- 1 teaspoon salt
- 1 bunch chopped green onions

INSTRUCTIONS

1. Rinse lentils.
2. Bring to boil in 2 cups water, reduce heat, simmer for 35–40 minutes or until soft. Strain off excess water.
3. Heat oven to 350°F.
4. In a large bowl, add 1 cup cooked lentils and mash with fork.
5. Add 1 egg and continue mashing until nearly pureed.
6. Add one more egg, ½ cup ketchup (or BBQ sauce), and mustard. Mix well.
7. Stir in remaining cup of lentils. Set aside.
8. Add ground meat in separate bowl.
9. Mix in garlic, pepper, salt, and green onions.
10. Add all ingredients into lentil mixture. Mix well.
11. Add meatloaf mix into an 8 inch × 8 inch baking pan. Pat down mixture into pan until even on top.
12. Bake for 25–30 minutes, or 160°F for beef and 165°F for turkey.
13. Remove from oven and serve!

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