

Country Meatloaf & Golden Gravy

This recipe originated from **Chloe's Kitchen** by **Chloe Coscarelli**

Comments in [brackets] are mine.

Make-ahead Tip: Unbaked meatloaf can be refrigerated for 2-3 days in advance until ready to bake. Gravy can be made in advance and kept refrigerated 2-3 days.

Meatloaf

2 8-oz packages tempeh
4 Tbsp. olive oil, plus extra to brush pan
2 large onions, finely chopped [having a mild allergy to onions, I used 1 medium]
2 large carrots, peeled and finely chopped
2 cups finely chopped celery
8 cloves garlic
2 Tbsp. fresh thyme leaves [or 1 Tbsp. dried]
2 tsp. dried basil
2 tsp. dried parsley
½ cup soy sauce [low sodium]
½ cup vegetable broth
1 cup cooked brown rice, warm
½ cup bread crumbs
Sea salt [I thought the soy sauce made it salty enough]
Freshly ground black pepper

Gravy

2 Tbsp. canola oil
1 large onion
¼ cup nutritional yeast flakes
½ cup all-purpose or gluten-free all-purpose flour
2 cups water
3 Tbsp. soy sauce [low sodium]
1 tsp. dried thyme
1 tsp. garlic powder
Sea Salt
Freshly ground black pepper

Meatloaf: Preheat oven to 350°. Brush a 10 x 5 x 3-inch loaf pan with oil.

Break each pack of tempeh in 4 pieces and steam for 20 minutes. Steaming the tempeh will remove its bitterness.

Heat oil over medium-high heat in a large skillet and sauté onions, carrots, and celery until soft, about 20 minutes. Add water if vegetables begin to stick. Stir in garlic, thyme, basil, and parsley. Let cook a few more minutes. Crumble the steamed tempeh into the skillet and add soy sauce. Stir until tempeh is evenly coated and nicely browned.

Deglaze the pan of vegetable and tempeh by adding broth and scraping the browned bits with your spoon or spatula. This will add a nice, rich flavor. Transfer the mixture to a large bowl.

Add brown rice and bread crumbs to the bowl and mix thoroughly with a large spoon. The more you mix it and mash it, the better it will hold together when you bake it. Season with pepper to taste, and add salt if needed [it won't be].

Transfer mixture to the prepared loaf pan and pack it down using the back of a spoon. It is important to pack it firmly so that it binds together while baking. Cover the top of the pan with foil.

Bake for 45 minutes covered, then remove foil, and bake for an additional 15 minutes. Remove from oven and let rest for 5 minutes before unmolding. Run a knife around the edges of the cooked meatloaf to loosen, then flip onto a tray or plate to unmold. Slice and serve.

Gravy: In a medium saucepan, heat oil over medium-high heat and sauté onions until soft. Add nutritional yeast and flour, and stir for about 1 minute. The mixture will be dry. Add water, soy sauce, thyme, and garlic powder. Continue to cook, whisking continuously, until mixture is very thick. Transfer gravy to a blender and puree until smooth. Adjust salt and pepper to taste.