



Serves 6
Cook Time: 1 hours 10 minutes

INGREDIENTS:

1½ cups low-sodium vegetable broth or water
¾ cup millet
1 cup finely chopped onion
1 tablespoon snipped fresh sage
1 tbsp snipped fresh thyme
12 cloves garlic, minced
½ teaspoon freshly ground black pepper
⅛ teaspoon ground nutmeg
2 tablespoons white miso paste
¼ cup hot water
¾ cup tomato sauce or ketchup
¼ cup nutritional yeast (optional)
Salt, to taste

Millet Loaf

Most vegan “meat loaf” recipes call for beans, grains, or processed soy foods and taste nothing like mom’s. This homey version features millet, an ideal meatloaf ingredient that takes on the flavor of whatever spices you cook with it. Because millet loses its binding power as it cools, be sure to put the mixture into the baking dish as soon as you finish incorporating the spices.

Editors note: Based on reader comments, we went back to Chef Del Sroufe, who revisited the recipe and agrees the water-to-millet ratio should be 2:1. We've edited the ingredient list to reflect this change. Thanks to our audience for helping us continually fine-tune our recipes.

*Recipe from **Forks Over Knives — The Cookbook***

By Del Sroufe

- 1** In a medium saucepan bring broth to boiling. Stir in millet. Return to boiling; reduce heat to medium. Cover pan, and cook 20 to 25 minutes or until millet is tender.
- 2** Meanwhile, preheat oven to 350°F. In a large saucepan cook onion over medium heat 7 to 8 minutes, stirring occasionally and adding water 1 to 2 tablespoons at a time as needed to prevent sticking. Add sage, thyme, garlic, pepper, and nutmeg; cook and stir 1 minute.
- 3** Dissolve the miso paste in ¼ cup hot water, and stir into onion mixture. Stir in ¼ cup of the tomato sauce and nutritional yeast, if using the yeast. Stir in cooked millet. Season with salt.
- 4** Immediately press mixture into a 9x5-inch nonstick loaf pan. Top with the remaining ½ cup tomato sauce. Bake 30 minutes or until heated through. Let stand 10 minutes before slicing.