

Lentil Steaks

Prep time:

20 minutes

Cook time:

50 minutes

Yields:

8 servings

Ingredients:

- 3/4 cup brown or green lentils, rinsed
- 2 1/4 cups + 2 tablespoons water, divided
- 1/3 cup gluten free oats
- 4 ounces white or cremini mushrooms, chopped
- 1 tablespoon tamari
- 2 tablespoons ketchup
- 2 teaspoons fresh chopped thyme, divided
- 1/4 cup onion, fine diced
- 1 tablespoon garlic, minced
- Salt and pepper to taste
- 1 tablespoon ground flaxseed mixed with 3 tablespoons water

Directions:

Preheat oven to 375°F. Line a baking sheet with parchment paper.

Combine the lentils and 2 1/4 cups of water in a medium pot. Bring to a boil, then partially cover and reduce to a simmer. Cook for 20-25 minutes, or until lentils are tender, but not mushy. Drain and set aside to cool.

Process the oats in the food processor with half the lentils, mushrooms and garlic. Transfer to a large mixing bowl.

Stir in the tamari, ketchup, 1 teaspoon of thyme, onion, garlic and flaxseed/water mixture.

Season with salt and pepper to taste.

Form the steak mixture into 8 small patties, about the size of your palm. Place them on the parchment-lined baking sheet. Once you've shaped all the patties, put them in the oven and bake them for about 25 minutes, until they're browned on the outside and hold together.