

NATURE'S



FOOD PATCH

## Market & Café

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### Vegan Tempeh Loaf w/ Gravy 11/14 - Brad Myers

#### Tempeh Loaf

1 pkg - Tempeh, finely chopped  
1 c - Walnuts, finely chopped  
1½ c - Cooked Brown Rice  
½ c - Sunflower Seed, ground into flour  
½ c - Flax, ground into flour  
2 T - Olive Oil  
1 T - Toasted Sesame Oil  
1 T - Bragg's Aminos  
½ t - Thyme  
½ t - Rosemary  
½ t - Pepper Blend  
2 t - Cumin  
2 T - Nutritional Yeast  
pinch of Sage

These veggies are finely diced:

½ Onion  
4 Garlic Cloves  
2 Celery Stalks  
2 Carrots  
½ Red Pepper  
a handful each of chopped parsley & Cilantro

#### Directions:

Preheat oven to 400 degrees. Mix all ingredients thoroughly. Form into portion size loaves. Place on parchment paper and cook for 1 hour.

#### Gravy:

¼ c - Earth Balance  
½ c - Miso  
1½ c - Water  
2 T - Oat Flour  
½ t - Onion Powder  
Handful Diced Mushrooms

#### Directions:

Soften butter and Miso together on medium heat. Add water and mix thoroughly, bring to a light simmer. Add oat flour and stir until thickens. Continue to stir, add mushrooms and reduce for 20 minutes on low. Add onion powder 10 minutes before ready.