

Classic Vegan Meatloaf



This vegan classic meatloaf is the perfect savory entree for a delicious dinner. It is juicy and hearty and slices to perfection right out of the oven. Simply use vegan versions of ground beef, milk, and eggs for the classic textures and flavors you love.

Ready in **90 minutes** | Makes **8 servings**

Ingredients

Meatloaf

- 1 - 16 oz package vegan ground beef (we used Beyond Meat)
- 1/2 cup liquid vegan egg replacer (we used Just Egg)
- 1/2 cup unsweetened almond milk, or plant milk of choice
- 1 green bell pepper, seeded and diced
- 1 medium onion, peeled and diced
- 3 cloves garlic, minced
- 1 cup breadcrumbs
- 2 Tbsp tamari sauce - you can also use soy sauce or liquid aminos

- 1 tsp smoked paprika
- 1 tsp Italian herb blend
- 1 tsp garlic powder
- 1 Tbsp mustard, brown or dijon
- 3 Tbsp vegetable based oil of choice, optional

Glaze

- 2 Tbsp ketchup
- 2 tsp brown sugar or agave nectar
- 1 Tbsp tamari sauce - also use soy sauce or liquid aminos



Preparation

1. Preheat the oven to 375° F.
2. Heat a large pan over medium high. Add a tablespoon of oil and saute onions, garlic, and bell peppers for 5-7 minutes until softened and translucent. Remove from heat and set aside.
3. Add all remaining meatloaf ingredients to a mixing bowl along with sauteed vegetables and mix until evenly distributed.
4. Coat a loaf dish with oil and spoon in meatloaf mixture, smoothing with a spoon or spatula to create a uniform loaf shape.
5. Mix glaze ingredients in a bowl and spread in an even layer over the surface of the meatloaf.
6. Bake uncovered for about an hour until the meatloaf is firm to the touch and the glaze has caramelized and deepened in color.
7. Allow to set for a few minutes before slicing and serving.

