

HOLIDAY COOKING DEMO SERIES

Savory Holiday Roast



This savory holiday roast is a delicious centerpiece for your meals this season. It's gluten-free and can be made soy-free as well made from easy to find plant-based ingredients like mushrooms, red lentils, and onions. It does well in the refrigerator so you can make it in advance and reheat for easy serving.

Ready in 2 hours | Makes 8 servings

Ingredients

- 1 pound mushrooms, minced (any variety will work)
- 3/4 cup red lentils, rinsed
- 1 medium onion, minced
- 3-4 cloves garlic, minced
- 1/4 cup milled chia seeds
- 2 Tbsp cornstarch
- 1-2 Tbsp coconut aminos, you can also use soy sauce or tamari
- 1 vegan chicken bouillon cube, you can also use 2 tsp chicken-less seasoning
- 1 Tsp Better Than Bouillon vegetable based
- 1 Tbsp poultry seasoning
- 2 tsp smoked paprika
- 1 tsp ground cumin
- 1-2 tsp garlic powder
- 2 Tbsp grapeseed oil, optional
- 1/4 cup nutritional yeast



[Find more simple and flavorful vegan recipes and resources at afrovegansociety.org](https://afrovegansociety.org)

Preparation

1. Preheat the oven to 350° F.
2. Add lentils and water to a blender and blend for 30-60 seconds until a smooth thick liquid forms. Add to a mixing bowl and set aside.
3. Heat a large pan over medium heat. Add 1 Tbsp oil, minced mushrooms, onion, and garlic and saute for 2-3 minutes until liquids begin to release. Add all spices and seasonings - except nutritional yeast - and continue to saute for another 5 minutes until fragrant and sizzling.
4. Add the sauteed mixture to the blended lentils in the mixing bowl along with milled chia seeds, cornstarch, and nutritional yeast. Mix together until well combined.
5. Coat a baking dish with remaining oil and pour roast mixture into the dish. Smooth the surface into an even layer with the back of the spoon. Cover with parchment paper and/or foil and bake for 30-45 minutes until the surface is fully set and no longer wet in appearance.
6. Remove foil and/or parchment paper and use it to line a baking sheet. Use a butter knife to gently separate the roast from the edges on the pan. Place the baking sheet over the dish and use two hands to carefully flip the pan over. Allow it to sit upside down over the pan until the roast releases from the dish and drops into the pan.
7. Continue to bake for another 45-60 minutes on the baking sheet, reducing the heat to 325° F if the surface of the roast becomes too dry.
8. Remove from the oven and allow to rest for at least 15 minutes before slicing. The roast should be cool enough to touch with the palm of your hand before slicing. Use a sharp knife and a gentle sawing motion to achieve thin slices, using the palm of your opposite hand to stabilize the roast as you slice.
9. Serve with our [creamy mushroom gravy](#) and enjoy!

