



Harvest Veggie Loaf

Author: Monkey and Me Kitchen Adventures Cook Time: 55 minutes

Total Time: 55 minutes Yield: 1 Loaf Category: Dinner

Cuisine: American

Description

We are in full force and embracing the beautiful and rich autumn flavors. To start off the season right, we can't wait to share with you our *deliciousness in every bite* Harvest Veggie Loaf. Brimming with feel-good ingredients, the perfect blend of Thanksgiving spices, and hearty texture, this comforting Harvest Veggie Loaf will have you running back for seconds. Glazed with a flavorful, spiced cranberry sauce that perfectly complements the loaf flavors, it's a quintessential fall favorite and Thanksgiving centerpiece.

Ingredients

SCALE

- 2 -[15 oz. cans] **chickpeas**, drained, rinsed, chopped
- 1 cup **yellow onion**, fine dice *
- 4 **celery ribs**, fine dice *
- 1 **carrot**, fine dice *
- 2 cups **uncooked sweet potatoes**, grated – unpeeled
- 1 Tablespoon **minced garlic**
- 4 Medjool **dates**, pitted *
- 3 Tablespoons **tamari** *
- 2 Tablespoons **unsweetened almond butter** *
- ¼ cup firmly packed finely ground **pecans**
- 2 cups **panko bread crumbs** *

Spice/Herb Ingredients:

- 2 teaspoons **dried rubbed sage**
- 1 ¼ teaspoon **dried crushed thyme leaves** *
- 1 teaspoon **dried ground mustard powder**
- 1 teaspoon **onion powder**
- 2 teaspoons **garlic powder**
- 2 Tablespoons **dried minced onions**
- 1 ½ teaspoons **sea salt (+/-)***
- ¼ teaspoon **black pepper**

Instructions

- 1 Preheat the oven to 375 F.
- 2 Line a loaf pan with parchment paper, including extra (**see notes**) and set aside.

- 3 Place the **Spice/Herb Ingredients** into a small bowl, mix well, set aside.
- 4 Chop the onion, celery, and carrots into a fine dice. It is important to create a very fine dice because larger pieces can cause the loaf to fall apart when slicing the finished loaf, then place into the large bowl. Do **not** use a food processor to chop the onion, celery and carrots.
- 5 Place the chickpeas (drained, rinsed, shake off any excess water) in the food processor and pulse for a few seconds to break up the chickpeas. Do not over-process. You are looking for coarsely chopped chickpeas, not mush. There should be a variation of finely chopped and coarsely chopped chickpeas. There shouldn't be any whole chickpeas left. Lean toward more finely chopped if unsure. Then, place the coarsely and finely chopped chickpeas into the large bowl. **Note:** You do not need to clean the food processor every time it is used for this recipe, just scrape it out and continue.
- 6 Place your pecans into the food processor and pulse until you have a fine crumb mixture. **Note:** The ¼ cup (packed) measurement is **after** the pecans have been processed. Then add the finely ground pecans into the large bowl with the chickpeas.
- 7 Add the pitted Medjool dates to the food processor and finely mince. (It's ok if they turn into a paste). Then place in the large bowl.
- 8 Switch to the grate attachment and grate the sweet potato, measure out 2 cups, then add to the large bowl. (Or use a box grater to grate the sweet potato).
- 9 Then add all your remaining ingredients to the large bowl: panko crumbs, almond butter, tamari, and Spice/Herb mix. Mix well to combine. Use your hands to ensure that everything is evenly distributed. This part is important as you want to evenly distribute the herbs, spices, almond butter and dates throughout the mixture.
- 10 Then place the loaf mixture into the parchment paper lined loaf pan and press firmly. Really pack it in the loaf pan by pressing the mixture firmly with a rubber spatula or the back of a wooden spoon into the pan. If you don't firmly pack it, the loaf could be crumbly and fall apart when you slice it. Press hard to create a cohesive loaf that will stick together.
- 11 Place into the oven at 375 F for 45 minutes, uncovered.
- 12 In the meantime while the loaf is baking, make the **Spiced Cranberry Sauce** (see separate instructions).
- 13 After 45 minutes, remove from the oven and place ½ cup of the **Spiced Cranberry Sauce** on top. Spread it out evenly and return the chickpea loaf to the oven and bake for an additional 10 minutes.

- 14 Remove the loaf from the oven and allow to sit undisturbed for 15 minutes. This will allow the loaf to settle so it won't fall apart when slicing.
- 15 When ready to serve, use a thin edged knife and loosen any edges that are not covered by parchment paper. This will ensure the loaf stays intact when removing it from the pan. Remove the loaf from the pan, then slice, clean the knife blade between slices, and serve with additional **Spiced Cranberry Sauce**.

Notes

- i ***Parchment paper:** Cut the parchment paper in a long strip allowing enough to hang over the long sides of the pan. This will help remove the veggie loaf from the pan later as you can lift the loaf up by the long sides.
- i ***Medjool dates:** If using Medjool dates vs another dried date, there is no need to soak the dates as Medjool dates are typically very soft. However, if you are using a different date, test the date by pinching it. If the date is very soft, gooey, and pliable, then you can just add them to the food processor to break them up. If the dates are drier and stiff, then you will need to cover them with boiling water for about 20 minutes to soften them up before adding the dates to the food processor.
- i ***Almond Butter:** Most almond butter is generally already very soft; however, some brands do require refrigeration after opening and it becomes rigid when cold. If you are using an almond butter that has been refrigerated, then heat it up in the microwave for about 15 seconds or remove the required amount from the refrigerator and allow to come to room temperature before stirring in. It is difficult to distribute refrigerated almond butter evenly throughout the batter as it tends to lump up. You want it softened, **not** melted.
- i ***Thyme Leaves:** We use *Penzeys French Thyme*. It has amazing flavor. Please note that dried crushed thyme leaves is not the same as ground thyme. You can use either in this recipe. We used dried crushed thyme leaves, so if you are using ground thyme, scale back a little more than half of the amount used, and check for flavor. Adjust as preferred.
- i ***Tamari:** We used *San J Tamari Soy Sauce, Gluten Free, Reduced Sodium*. You can substitute the tamari with reduced sodium soy sauce, Braggs Liquid Aminos, or Braggs Coconut Liquid Aminos.
- i ***Panko Bread Crumbs:** If your diet permits, you can use any panko bread crumb you wish. *Food for Life Gluten Free Brown Rice English Muffins* – these work perfectly for those who are Whole Food Plant Based and gluten free and are looking for a 100% WFPB compliant option, as they are refined sugar free and oil free. You do not need to completely dry out the English muffin crumbs. If your diet permits, you can use any panko bread crumb.

- i If using the *Food for Life Gluten Free Brown Rice English Muffins*, break up the two thawed, room temperature English muffins by hand, and placed them in a Food Processor, process for

at least one minute (or longer) to really break them up into crumbs. Then place them on a plate (to slightly dry) until ready to use.

- i ***Sea Salt:** Please adjust the sea salt based upon your family's sea salt preferences and/or based upon dietary needs.
- i ***Tips for Success:** Chop the carrots, celery, and onions into a very fine dice. Do **not** use a food processor and it causes the carrots, celery and onions to release too much water and your loaf will be mushy. Take the extra time to chop the veggies finely. This will reduce the "drag of the knife" when slicing the loaf so you can end up with beautiful slices. Otherwise, the veggies (even though they are thoroughly cooked) will get caught on the knife when slicing and create uneven jagged slices.
- i ***Serving:** Makes one loaf-sized veggie loaf. Refrigerate for up to one week.

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