

Bulgur Loaf and Cashew Gravy - From Lisa's **4Leaf** Kitchen

This loaf is delicious with mashed potatoes and the cashew gravy. It is the perfect comfort food for the cold season. The vegetables need to be finely chopped in a food processor. This recipe was inspired by one on the PCRM website and, after a few changes, it is our new favorite!



Ingredients:

- 1 cup fine bulgur (medium can be used, but fine is best)
- 1 1/2 cups boiling water
- 2 Tbs. water
- 1 small onion, finely chopped
- 1 medium carrot, finely chopped
- 2 celery stalks, finely chopped
- 1 pound mushrooms, finely chopped
- 1/2 cup finely chopped walnuts
- 1/3 cup spelt or brown rice flour (any type of flour may be used here)
- 1/2 tsp dried marjoram
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp dried thyme
- 1/4 tsp dried sage (optional)
- 1/4 tsp black pepper
- 3 Tbs ketchup or barbecue sauce
- 1 Tbs reduced -sodium soy sauce or Bragg's
- 4 tsp dijon mustard
- Vegetable oil spray

Directions:

1. Place bulgur in a large bowl and pour 1 1/2 cups boiling water over it. Soak until bulgur is tender and most of water is absorbed, about 15 minutes.
2. Heat 2 Tbs. water or any liquid in a pan on medium heat and add onion, carrots, and celery for about 3 minutes, stirring.
3. Stir in mushrooms and cook for about 5 minutes.
4. Preheat oven to 350 F.
5. Add vegetables, along with walnuts, flour, marjoram, thyme, garlic powder, salt, pepper, ketchup or barbecue sauce, soy sauce and mustard to the bulgur and stir.
6. Spray loaf pan or casserole dish and pat mixture in.
7. Bake uncovered for about 60 minutes.

Cashew Gravy Ingredients:

- 1 1/2 cups water
- 2 Tbs soy sauce or Bragg's
- 2 Tbs raw cashews
- 1 Tbs onion powder
- 1/2 tsp garlic powder
- 1/2 teaspoon dried thyme
- 1/8 tsp black pepper
- 4 teaspoons brown rice or spelt flour

Gravy Directions:

1. Directions:
2. Combine all ingredients in a blender or vita mix and process until smooth.
3. Transfer to a saucepan and bring to a simmer, stirring constantly until sauce thickens.
4. Enjoy!



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