



**Eco-Cuisine, Inc.**  
**A Flexitarian® True to Nature Company**

## **American-Style Vegan Mixed Medium Meatloaf**

Yield: approximately 1 lb. 10 oz. meat loaf

6 ounces	<b>RS “Ground Beef Style” Quick Mix</b>
2 ounces	<b>Eco-Cuisine Chicken-Style QM</b>
2 teaspoons	Eco-Cuisine Veg Beef Broth Powder
¼ cup	Canola Oil
½ cup	Onions, peeled and diced medium
½ cup	Carrots, shredded
1 tablespoons	Garlic, minced
1-½ teaspoons	Basil, dry, chopped
½ teaspoon	Black Pepper, ground
1-1/2 cups	Water
¼ cup	Ketchup

1. Preheat oven to 350°F.
2. Mix both proteins and broth powder together In a pre-heated, large (3-4 quart) pan, on medium heat, add oil and next 5 ingredients. Sauté vegetables until onions are transparent.
3. Add hot water and ketchup and mix until evenly dispersed.
4. Remove from fire and add protein mixture. Stir until the dry mixture is incorporated into wet ingredients.
5. Lightly oil a large loaf pan and evenly pack mixture into the pan. Cover top with aluminum foil. Do not let foil touch loaf. Place in pre-heated oven and bake for approximately 30-45 minutes or until the internal temperature reaches 160° F. The bake time could be less then 30 minutes, depending on how hot the mixture is when going into the oven.

**NOTE: THE MIXTURE WILL BE SOFT WHEN REMOVED FROM OVEN. MUST SIT AT LEAST 45 MINUTES TO COOL AND SET. CAN SLICE AND SERVE OR REFRIGERATE UNTIL NEEDED.**

6. Chill until cool in refrigerator, remove, slice, pan, steam reheat and serve. Can be served hot but let set at least 20 minutes. Freeze thaw stable



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### **Brief Sample of Existing “Gr. Beef Style” Recipe Applications**

- “Beef Style” Chili Con Carne
- “Beef Style” Bolognese Sauce
- Burrito / Taco Filling
- Southwestern Stuffed Pepper
- Southwestern Bean Loaf\*
- Shepherd’s Pie
- Middle Eastern Eggplant Lasagna\*
- Italian Gr. Beef Style Crumble
- Roasted Vegetable Loaf
- Vegetarian Burger
- South Western Burger
- Barley Burger
  - Barley Mushroom Burger
- American-Style Vegan Mixed Medium Meatloaf
- Vegan Mixed Medium Salisbury Steak
- Vegan Mixed Medium Gyros Steak
- Italian Pizza Sausage (not as good as the version made with the sausage)
- Burger Wrap
- Italian Meat Ball
- Jamaican Meat Patties
- Chili Wrap
- Bulgur Walnut Loaf