

EASY NUT ROAST (VEGETARIAN MEAL)

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COURSE: MAIN COURSE CUISINE: AMERICAN

KEYWORD: NUT ROAST PREP TIME: 15 MINUTES

COOK TIME: 45 MINUTES TOTAL TIME: 1 HOUR

SERVINGS: 8 SLICES CALORIES: 250KCAL AUTHOR: MEGAN GILMORE



Nut Roast makes a delicious vegetarian main course! It's the perfect alternative to meatloaf or turkey when you're serving a big holiday meal.

INGREDIENTS

- 1 tablespoon olive oil
- 1 yellow onion , **chopped**
- 1 pound mushrooms (I **used a mix of cremini and shiitake**)
- 2 cloves garlic , **minced**
- ¾ cup walnut halves
- ½ cup pecan halves
- 1 cup pre-cooked brown rice
- 1 cup grated parmesan cheese
- 2 eggs
- ¼ cup freshly chopped parsley
- 1 tablespoon fresh thyme leaves (**or 2 teaspoons dried**)
- ¾ teaspoon salt
- freshly ground black pepper

INSTRUCTIONS

1. Preheat the oven to 375°F and line a 9-inch by 5-inch loaf pan with parchment paper. (I like to spray the pan with a bit of oil first, to help the parchment stay in place.) Heat the olive oil in a large skillet over medium-high heat, and saute the onion until soft and translucent, about 5 minutes.
2. While the onion is cooking, quickly process the mushrooms in a food processor fitted with an "S" blade to break them down into an almost rice-like texture. Add the mushrooms and garlic to the onion in the skillet, and saute until the liquid from the mushrooms evaporates, about 8 more minutes.
3. While everything is cooking, pulse the walnuts and pecans in the food processor (no need to rinse it after chopping the mushrooms) until they resemble a coarse flour.
4. Transfer the ground nuts to a large bowl, along with the cooked brown rice, parmesan, eggs, parsley, thyme, salt, and 5-6 grinds of fresh black pepper. Add in the cooked mushroom mixture, and stir well to combine.
5. Transfer the mixture to the prepared loaf pan, and use a spatula to smooth the top. Cook the loaf at 375°F until the top is golden and firm, about 40 to 45 minutes. (The internal temperature should reach at least 160°F.) Let it cool for at least 15 minutes before removing the loaf from the pan, then slice and serve.
6. Leftovers can be stored in an airtight container in the

fridge for up to 4 days. The leftover loaf makes a great stuffing/filling for roasted squash, if you want to repurpose the dish!

<https://detoxinista.com/nut-roast/>