

## Not Turkey Quinoa Loaf

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1 cup quinoa, rinsed and drained  
2 cups broth, vegetable or not-chicken preferred  
8 ounces mushrooms, finely chopped  
1 leek, finely chopped  
2 tablespoons Marsala wine (optional)  
2 cloves garlic, minced  
1/2 tsp thyme  
1/2 tsp oregano  
1/2 tsp basil  
1 cup dry cannellini beans, cooked or 1 15 oz. can, rinsed and drained  
1/2 cup water  
1-2 tsp vegan Worcestershire sauce  
1/2 cup rolled oats  
1/2 cup sunflower seeds  
1/2 cup parsley, chopped  
Black pepper and salt, to taste

Cook 1 cup quinoa in broth, vegetable or not-chicken preferred.

Add chopped mushrooms and leek to pan with the Marsala wine (or 1 tablespoon olive oil). Cook 5 minutes. Add garlic and spices, excluding salt and pepper.

Add cannellini beans, water, and Worcestershire to food processor. Blend until smooth.

Combine all ingredients above to bowl and mix until combined.

Add to loaf pan and cook for 1 1/4 - 1 1/2 hours at 350 degrees. Serve with gravy.