



**PLANET  
FRIENDLY**



# Meatless Meatloaf

## Ingredients:

- 1 pint or No 2 can kidney beans
- ½ cup chopped pecans or other nut meats
- 1 cup fine dry whole-wheat or white breadcrumbs
- 2 tbsp. cut green pepper or pimento
- 1 cup cottage cheese
- 1 tbsp. cut onion
- ¼ cup tomato juice or soup
- ¼ cup melted butter
- 1 slightly beaten egg
- 1 tsp. salt-pepper taste



## Instructions:

1. Mix all ingredients thoroughly.
2. Press in a greased loaf pan.
3. Bake in the oven 350 degrees F. for 45-50 minutes.
4. Let stand for about 10 minutes before serving.
5. Garnish with olives and celery hearts if desired.



**Serves 6-8.**

## RECIPE:

- From Sister M. Cleta, New Trier, Minn
- Source: Notre Dame Centenary Cookbook, 1847-1947

