

# What's Cookin': A vegetarian roast

Today's recipe is a favorite of my kids. Both kids have decided to go vegetarian, so there has been a mad scramble for non-meat recipes at my house lately. It's very weird, as I am used to being able to pop a roast chicken in the oven and all is well. Not so much anymore.

This is a quick recipe though, kind of the vegetarian version of meatloaf. I always double the recipe and bake in a larger pan, but if you are making it for the first time, then try it out in its original version first. I also add more fresh herbs from the garden—oregano, thyme, chives, parsley all go well in here.

It is delicious served with salsa or chutney. In the photo, you'll see that Gerry has served it up with a home-

Lori Gysel &  
Gerry  
Kentner



made peach salsa—yummy! For a more wintery effect, caramelized mushrooms and onions over top and served with mashed potatoes is delicious.

We were discussing Thanksgiving the other day and were thinking that since the kids weren't going to be interested in turkey, perhaps I could make this recipe and shape it into a bird?

Have fun and keep cooking!

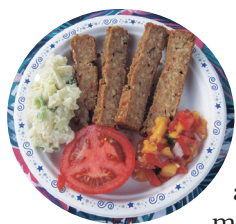
Questions and comments go to  
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## Cashew Nut Roast

Serves 4-5

### Ingredients

- non-stick spray
- 2-3 tbsp bread crumbs
- 1 medium onion, chopped
- 2 tbsp butter
- 1 large tomato, chopped (with skin and seeds)
- 4 medium white mushrooms, chopped
- 1 1/2 tsp flour
- 1/2 cup vegetable stock
- 1 1/2 tsp thyme
- 1/3 cup ground almonds
- 1 cup cashew nuts, finely ground
- 1 1/3 cups fresh breadcrumbs
- 1 egg



- salt and pepper

### Method

1. Spray a loaf pan with non stick spray and sprinkle with bread crumbs.
2. Sauté the onion in butter until soft, then add the tomato and mushrooms and sauté for 2-3 minutes until mushrooms are soft. Stir in the flour, cook for 2 minutes. Add the stock and stir until thickened. Remove from the heat and add the rest of the ingredients. Taste for seasoning.
3. Spoon into the pan and cover with foil. Bake at 350 F. for approximately 45 minutes, until firm in the centre. Remove foil for last 10 minutes of baking.
4. Serve with chili sauce or salsa.



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