

# CHICKPEA LOAF

Number of portions: 12

Portion size: 12 small loaves

## INGREDIENTS

- 1 can (540 ml) chickpeas
- 1 carrot, peeled and grated
- 1 celery stalk, finely diced
- ½ fresh pepper (any color), finely diced
- 1 onion, chopped
- 2 garlic cloves, chopped
- 1 Tbsp vegetable oil
- 1/3 cup oats
- 3 eggs, beaten
- 1 tsp tamari sauce (or soy sauce)
- ½ tsp Worcestershire® sauce (optional)
- ¼ tsp salt
- ¼ tsp dried basil
- ¾ cup Mozzarella cheese, grated
- 1 can (398 ml) tomato sauce



## METHOD

1. Preheat the oven at 375°F.
2. With a food processor or blender, puree the chickpeas.
3. In a large bowl, mix all ingredients.
4. Lightly grease a muffin pan. Make 12 muffin-size loaves.
5. Cook in the oven for 30 minutes. Insert a tooth pick to see if they are well cooked inside, it should come out dry.
6. In a saucepan, heat the tomato sauce. Serve the loaves with tomato sauce.

## TIPS

- This recipe could be baked in a bread pan. Cook the loaf for 1 hour and insert a tooth pick to ensure it is well cooked.