CUT HERE

Organic Quick Gravy™ Directions:

1. Blend contents of this envelope and 1 cup water in saucepan.
2. Bring to a boil, stirring constantly. Reduce heat and simmer 1 minute, or until thickened.

YIELD: ONE CUP (4 Servings)

Lentil Loaf Recipe:

1	Onion, diced
2 Tbsp	Water
2 cups	Cooked lentils
½ cup	Ground walnuts
1 cup	Ground rolled oats
1 cup	Cooked barley or brown rice
½ cup	Pureed tomatoes
½ tsp	each garlic powder, rosemary, and basil
2 Tbsp	Soy sauce

Edward & Sons Italian Herb Breadcrumbs (optional)

Cook onion with water for about 5 minutes in a saucepan until onion is tender. Combine cooked onions and all other ingredients in a large bowl. Pat mixture into an oiled loaf pan. If desired, sprinkle (and pat down) breadcrumbs on top of the mixture. Cover with tin foil and bake at 350° F for 45 minutes. Uncover and bake for another 15 minutes. Serve hot with Road's End Organics® Delicious Golden gravy.

NO ARTIFICIAL FLAVORS, COLORS OR PRESERVATIVES.
DAIRY FREE • VEGAN • CASEIN FREE • GLUTEN FREE • WHEAT FREE

Delicious Golden

Nutrition Facts

Serving Size 1 Tbsp (7g)
Servings Per Container about 4

Amount Per Serving	
Calories 25	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 220mg	**9%**
Potassium 25mg	**1%**
Total Carbohydrate 5g	**2%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein less than 1g	
Vitamin A 0% •	Vitamin C 0%
Calcium 0% •	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

INGREDIENTS: Organic Brown Rice Flour, Organic Tapioca Starch, Organic Tamari Powder (Organic Soybeans, Organic Rice Flour, Organic Rice Maltodextrin, Salt, Lecithin), Salt, Organic Onion Powder, Nutritional Yeast, Organic Garlic Powder.
Contains Soy.

Organic certification and our policy prohibits the use of genetically engineered ingredients.

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Convenience Without Compromise®

Ready In 3 Minutes!