

Lentil Log or Deli Meat

Ingredients:

- $\frac{3}{4}$ cup red or green lentils
- 1 can organic tomato juice, approximately 15oz
- 1 tbsp. maple syrup, honey, molasses, or agave nectar
- $1\frac{1}{2}$ tsp. onion powder
- 1 tsp. garlic powder
- 1 tsp. Italian Seasoning
- $\frac{1}{2}$ tsp. sage powder (optional)
- $\frac{1}{4}$ tsp. Celtic Sea Salt or Pink Himalayan Salt or to taste

Instructions:

1. Add lentils to a blender and process to a powder.
2. In a medium-size saucepan add the tomato juice and all other ingredients including the powdered lentils.
3. Cook over medium heat, constantly stirring for 15 minutes. **Note.** The mixture will stick to the bottom of the pan, but it cleans up fairly easily.
4. When the mixture becomes a cohesive ball, separates from the sides of the pan, and can no longer be stirred with a spoon, remove from fire. Let cool for 10 minutes or so.
5. Place the cooled lentil mixture onto a piece of plastic wrap about 12 inches long, and form it into a log shape as you wrap it tightly. Be gentle as it is still quite soft.
6. For best results refrigerate overnight or otherwise for a minimum of 2 hours.
7. Remove plastic wrap and slice thinly with a very sharp knife.
8. Store in the fridge in an airtight container.

Tips: Try other seasoning blends for different flavors. You can also use garbanzo beans (chickpeas) and regular veggie broth instead of tomato juice to make “turkey” deli meat.