

## Healthy Sandwich “Meat”

### Ingredients:

- ¾ cups lentils, uncooked
- 2 cups tomato juice or vegetable broth
- 1 tsp. of sea salt or to taste
- 1 tsp. Italian seasoning or dried oregano and basil
- ¼ cup of green onions or scallions
- 1-2 tbsp. nutritional yeast (preferably non-fortified)
- 2 tsp. onion powder
- 2 tsp. garlic powder
- 2 tsp. paprika
- ½ tsp. sage

### Instructions:

1. Prepare 1 or 2 containers to use as molds for your sandwich “meat” (rectangular plastic Tupperware works best).
2. Process raw lentils in a blender until flour is formed.
3. Add the remaining ingredients and blend again.
4. Pour the contents into a stainless steel saucepan and cook on medium heat for 7-10 minutes, stirring constantly. It’s ready when the mixture starts to move away from the sides of the pan, and you can trace it with a spoon.
5. Put it in the prepared molds and place it in the fridge for a minimum of 2 hours.
6. Remove from mold and cut or slice your meat according to your preference.

**Tip:** This sandwich meat alternative is delicious when heated on a skillet and served like fried bologna. It can also be cut into chunks to top a salad or eaten with crackers and veggie cheese.