



CURRIED RICE & LENTIL LOAF Serves 4-6

1 1/2 cup vegetable stock
 3 tablespoons soy sauce, divided
 3/4 cup dry brown lentils
 1 cup cooked wild rice
 1/4 cup Cattlemen's Classic bbq sauce
 1/2 cup oat bran
 1/2 cup celery, finely chopped
 1/2 cup carrots, finely chopped
 1/2 cup mushrooms, stems and caps, finely chopped

1/4 cup onions, finely chopped
 1/2 cup chopped pecans, or other favorite nut
 3-4 cloves garlic, minced
 2 teaspoons curry powder
 1/2 teaspoon dried savory
 1/2 teaspoon sage
 1/2 teaspoon pepper

Preheat oven or barbecue to 375° F.

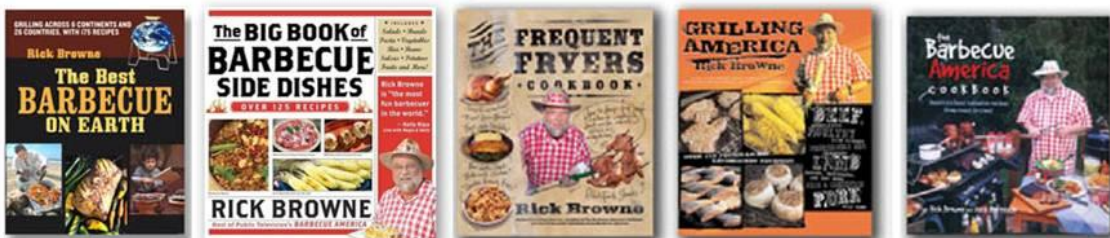
Bring the vegetable stock to a boil in a saucepan, then add 1 tablespoon soy sauce and the lentils. Reduce the heat to low and simmer for 30 minutes or until lentils are tender. Do not drain.

In a large bowl add the lentil mixture and the wild rice, bbq sauce, bran, celery, carrots, mushrooms, onions, pecans, garlic, curry, savory, sage, and pepper, and stir vigorously to help break down the lentils.

Pack the mixture firmly in a well-greased loaf pan. Brush the top of loaf with the remaining soy sauce and bake it for about 45 - 50 minutes or until it's crisp on the outside.

Let stand for 10 minutes before slicing and serving.

TIP: For a firmer loaf add two beaten eggs to the lentil mixture before you pack it into the loaf pan. You can also add chopped hard-cooked eggs if you wish to add a bit more protein.



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