Vegan Meatloaf (with Chickpeas)

**Prep** 10 mins **∙ Cook** 50 mins **∙ Makes** Servings: 6 servings **∙ Source** [Noracooks.com](http://www.noracooks.com/vegan-meatloaf/)

**Ingredients**

1 small onion, diced small

2 small carrots, diced small

2 celery stalks, diced small

3 garlic cloves, minced

1/4 cup water

2 15 oz cans chickpeas, drained and rinsed \*or 3 cups cooked

1 1/2 cups panko breadcrumbs

2 tablespoons ground flaxseed

3 tablespoons nutritional yeast

2 tablespoons soy sauce

2 tablespoons vegan Worcestershire sauce

1 tablespoon tahini

1/4 cup ketchup

1/2 teaspoon liquid smoke, optional, but good

fresh parsley, optional

1/3 cup ketchup

1 teaspoon vegan Worcestershire sauce

**Directions**

Preheat the oven to 375 degrees and lightly spray a 9 inch loaf pan with oil, or line the bottom with parchment paper to prevent sticking.

Saute the onion, carrots, celery and garlic in the 1/4 cup of water over medium heat for 5 minutes, until the onions are translucent.

Add the drained and rinsed chickpeas to a food processor and pulse until the chickpeas or broken up and there are no whole beans left. You do not want them to be completely pasty or mushy, but well broken up.

Transfer the processed chickpeas to a large bowl. Add the cooked veggies and all the remaining ingredients. Stir with a large wooden spoon until very well combined.

Press the loaf mixture in the prepared pan, pushing down evenly with your hand. Cover with foil and bake for 30 minutes.

Remove the foil and bake for another 15 minutes. Remove from the oven.

Spread the ketchup and Worchestershire sauce on top of the loaf, evenly. Allow to sit for at least 15 minutes before slicing if you can, it will hold up better. Sprinkle with fresh parsley if desired before serving.