



## Nut Roast Supreme

This holiday roast is excellent when served hot with fresh steamed vegetables, or sliced cold for sandwiches.

### Ingredients

- 1 large onion, chopped fine, using a food processor
- 1 cup celery, chopped fine (about 4 ribs)
- 1 1/2 cups rolled oats
- 2 cups pecans, chopped fine
- 3 cups cooked brown rice
- 3 cups whole wheat bread crumbs (about 5 slices)
- 4 cups (or 16 oz.) fresh mushrooms, chopped fine
- 1/2 cup Bragg's Liquid Aminos
- 2/3 cup water
- 1 1/2 teaspoons onion powder
- 1 teaspoon rubbed sage
- 1 1/4 teaspoon salt

### Instructions

Using a food processor, finely chop onion, celery, pecans, bread, and mushrooms. Thoroughly mix all ingredients together in a large bowl. Pack mixture into two 8x4 loaf pans. Cover pans with foil and bake for about 1 1/2 hours at 350 degrees. Allow roast to cool for about 15 minutes before turning over onto a serving platter and slicing.

