

### **“Meat” Loaf Hash**

Del’s new favorite recipe is delicious served over brown rice or mashed potatoes

- 1 large yellow onion, diced ½ inch
- 1 large red bell pepper, diced ½ inch
- 3 cups frozen corn
- 4 tablespoons whole wheat pastry flour
- 4 tablespoons nutritional yeast
- 2 cups unsweetened plant milk
- Salt and pepper to taste
- 1 recipe millet loaf prepared according to package instructions

Heat a large skillet over medium high flame. Add the onions and bell peppers and sauté 4-5 minutes. Add the frozen corn, season with salt and pepper, and cook 8-10 minutes. Add the flour and nutritional yeast, and cook 2 minutes. Add the plant milk and cook until thickened.

While the corn has cooks, divide the millet loaf in half. Set one half aside for other uses and take the second half and chop it into bite size pieces. Add it to the corn hash and let cook 5 minutes. Adjust the salt and pepper.