

Vegetarian Haggis | Nut-Free

Adapted from AllRecipes: <http://allrecipes.com/recipe/vegetarian-haggis/> with input from Chris Frakes.

Ingredients

2 tablespoons vegetable oil
2 medium onions, finely chopped
2 small carrots, finely chopped
10 fresh mushrooms, finely chopped or finely chopped celery or combination
5-6 cups vegetable broth
2/3 cup dry red lentils
4 tablespoons canned red or kidney beans - drained, rinsed, and mashed
2-3 tablespoons soy sauce
2 tablespoons lemon juice
3 teaspoons dried thyme
2 teaspoons dried rosemary
2 pinches ground cayenne pepper
3 teaspoons mixed spice (*nutmeg, cinnamon, ginger, coriander, oregano, allspice, sage, etc., have all been mentioned as possible combinations. The idea here is to add some warmth—we think any combination of the above will work here. “Poultry” seasoning would also work.*)
2 eggs, beaten
2 2/3 cups steel cut oats
salt (to taste—we will have salt and pepper on the tables if you don't wish to guess)

Heat the vegetable oil in a saucepan over medium heat, and saute the onion 5 minutes, until tender. Mix in carrot and mushrooms, and continue cooking 5 minutes. Stir in broth, lentils, kidney beans, soy sauce, and lemon juice. Season with thyme, rosemary, cayenne pepper, and mixed spice. Bring to a boil, reduce heat to low, and simmer 10 minutes. Stir in oats, cover, and simmer 20 minutes. Check seasonings and adjust.

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 13x9 inch baking pan. Stir the egg into the saucepan. Transfer the mixture to the prepared baking pan. Bake 30-40 minutes, until firm (check at 30 minutes).