

## Rice-Pecan Loaf

4 cups cooked brown rice  
1 cup pecan meal  
2 cups whole grain bread crumbs  
1 large onion, chopped  
2 cups soymilk  
½ cup blended tofu  
1 tsp garlic powder  
1 tsp oregano  
1 Tbsp basil  
1 ½ tsp salt



Place all ingredients in a bowl and mix very well.  
Pack firmly into sprayed casserole dish or loaf pan.  
Bake at 350 degrees F. for 45-55 minutes. Serve hot with gravy  
or sauce of your choice.

\* Note, we baked the loaf for half the time, then added some  
gravy on top of the loaf and continued the rest of the baking  
time, so as to not let the loaf get dried out on the top.