



**Recipe for:** *Harvest Loaf - A Vegetarian Wellington*

**From the kitchen of:** *The Common Man Ashland*

*1 cup lentils  
1/4 cup diced onions  
1/4 cup diced carrots  
1/4 cup diced celery  
1 tsp. Veg base (vegetable bouillon)  
1 tsp chopped garlic  
dash salt  
dash black pepper*

*Cover ingredients with water and cook until ingredients are soft. Cool.  
You will need to add these ingredients once cooked.*

*1/2 cup cooked rice  
1/2 cup chopped walnuts  
3oz chopped spinach  
1/4 cup chopped pepper  
1/4 cup chopped mushrooms  
1 cup shredded cheddar  
1/4 cup parmesan cheese  
1 egg  
1 tsp salt  
1/2 cup bread crumbs  
1 cup potato flakes  
2 puff pastry sheets set aside*

*Mix all ingredients together in mixer. Shape into loaves and wrap in puff pastry. Egg wash (brush with mixture of egg whisked with a splash of water) and bake in a 350 degree oven for 30 minutes or until pastry is golden brown.*