



## Mushroom, Lentil, and Wild Rice Timbales

 Vegetarian  Vegan  Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 large slices bread gluten-free (may be )
- 1 cup lentils cooked
- 1 cup rice wild cooked
- 3 tablespoons cornstarch
- 0.5 teaspoon thyme dried
- 0.3 teaspoon rosemary leaves fresh minced
- 2 cloves garlic minced
- 10 mushrooms sliced

- 1 tablespoon nutritional yeast
- 0.5 onion minced
- 0.3 teaspoon rubbed sage
- 1 teaspoon salt
- 6 servings pepper black freshly ground to taste
- 1 teaspoon cooking sherry
- 0.5 cup silken tofu light firm (, or extra-firm Mori-Nu, preferred)
- 1 tablespoon soya sauce
- 0.3 cup soymilk plain
- 0.5 teaspoon thyme leaves
- 1 tablespoon tomato paste
- 2 tablespoons unbleached flour (gluten-free with arrowroot for )
- 2 cups vegetable stock
- 2 tablespoons water

## Equipment

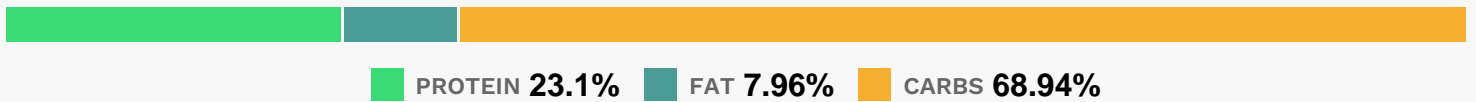
- food processor
- bowl
- frying pan
- oven
- knife
- ramekin
- baking pan

## Directions

- Place one nice-looking mushroom slice in the bottom of each ramekin, if desired.
- Saute the onion in a non-stick pan until it begins to brown. Set aside.
- Place the bread in a food processor and pulse until it turns to crumbs.
- Add the mushrooms, tofu, garlic, sherry, and water and blend until fairly smooth.

- Add the lentils and process again until smooth.
- Add the tomato paste, herbs, cornstarch, and salt and process until well-blended.
- Add the onions to the processor and pulse to include them but do not over-process (you want them to retain some texture.) Scrape the contents of the food processor into a bowl and add the cooked wild rice. Season with salt and black pepper to taste. Divide the mixture among the oiled ramekins and smooth the tops with a spoon. Set the ramekins in the large baking dish and add hot water to the dish, taking care not to splash it into the ramekins.
- Bake, uncovered, until tops are brown and crusty and middles seem moderately firm when pressed with a finger—about 45–50 minutes.
- Remove from the oven and allow to cool for 10 minutes. Run a thin knife around the edges and invert the ramekins onto serving plates.
- Serve with your favorite mushroom gravy (or see mine below).

## Nutrition Facts



### Properties

Glycemic Index:79.13, Glycemic Load:3.75, Inflammation Score:-6, Nutrition Score:9.0195650950722%

### Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

### Nutrients (% of daily need)

Calories: 132.77kcal (6.64%), Fat: 1.21g (1.87%), Saturated Fat: 0.16g (1%), Carbohydrates: 23.66g (7.89%), Net Carbohydrates: 19.35g (7.04%), Sugar: 3.44g (3.82%), Cholesterol: 0mg (0%), Sodium: 901.51mg (39.2%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 7.93g (15.85%), Folate: 79.73µg (19.93%), Manganese: 0.36mg (17.88%), Fiber: 4.31g (17.22%), Copper: 0.31mg (15.32%), Phosphorus: 137.04mg (13.7%), Vitamin B2: 0.23mg (13.25%), Vitamin B3: 2.56mg (12.8%), Iron: 2.1mg (11.69%), Potassium: 387.38mg (11.07%), Vitamin B6: 0.19mg (9.69%), Vitamin B1: 0.14mg (9.1%), Magnesium: 34.5mg (8.62%), Selenium: 6.03µg (8.62%), Vitamin B5: 0.8mg (8%), Zinc: 1.18mg (7.87%), Vitamin A: 261.95IU (5.24%), Vitamin C: 3.79mg (4.59%), Calcium: 37.56mg (3.76%), Vitamin E: 0.49mg (3.26%), Vitamin K: 2.75µg (2.62%), Vitamin B12: 0.12µg (1.99%), Vitamin D: 0.18µg (1.23%)