

## COMPANY ROAST

Submitted By Dena Norwood



Category: Casseroles

### Ingredients:

- 1 can Loma Linda Rediburger (Some Loma Linda products are now available at Super Wal-Mart.)
- 2 cups cooked natural brown rice
- 2 cups seasoned bread crumbs
- 3 eggs, 1/3 cup salad oil
- 1 medium onion finely chopped
- Pineapple rings
- 1 small can mushrooms finely chopped
- 1 tablespoon finely chopped parsley
- 1 cup chopped nuts
- 1 cup hot water
- 1 package George Washington broth (vegetarian)

### Instructions:

Mash rediburger with a fork. Place pineapple rings in the bottom of well-oiled bread loaf pan or deep casserole dish. Mix all other ingredients and pack into loaf pan being careful to leave pineapple rings nicely arranged. Before putting into oven, pour hot water with vegetarian broth and butter over roast. Bake 350 degrees for 1 to 1 1/2 hours. Unmold on platter. Arrange parsley sprigs around loaf and serve.