

Vege Loaf

Chop

- almonds,

Hold over

Crumb

- 1C of James bread

Hold over

Cook

- A little stock
- Onion,
- garlic,
- red pepper,
- mushrooms,
- any other chopped veges
- tyme or any herb

Add and continue to cook

- 2tb whole meal flour
- Crumbed bread
- Chopped Almonds

Put in Loaf tin and cook till skewer comes out clean.