



HEARTY MEATLOAF RECIPE

PREP TIME: 20 MINUTES **COOK TIME:** 50 MINUTES **TOTAL TIME:** 70 MINUTES

Ingredients

- ~450g of ground turkey or meat of choice
- ½ cup onion or shallots, diced
- 1 clove garlic, finely minced
- 2 eggs
- ~ 1 cup seasoned breadcrumbs
- 2 tbsp Worcestershire sauce
- 1 tbsp Parmesan cheese
- 1 tsp butter
- 1 tsp Italian seasoning
- 1 tsp sea salt
- ½ tsp black pepper
- *Optional:* diced carrot, celery or vegetables of choice

Directions

1. Preheat the oven to 350°F. Line a rimmed baking pan with aluminum foil & spray with a cooking spray
2. In a small pan, cook the onions (& other vegetables if adding) in butter over medium low heat until tender. Let them cool
3. In a medium bowl, combine all the ingredients & spices. Mix until combined evenly
4. Form a 8"x4" loaf on the prepared baking pan & bake for ~ 50 minutes, until cooked through to the internal temperature recommended for the meat
5. Enjoy with your favourite salad or sides. This meatloaf recipe freezes well if you'd like to make a double batch or have leftovers
6. Enjoy

