

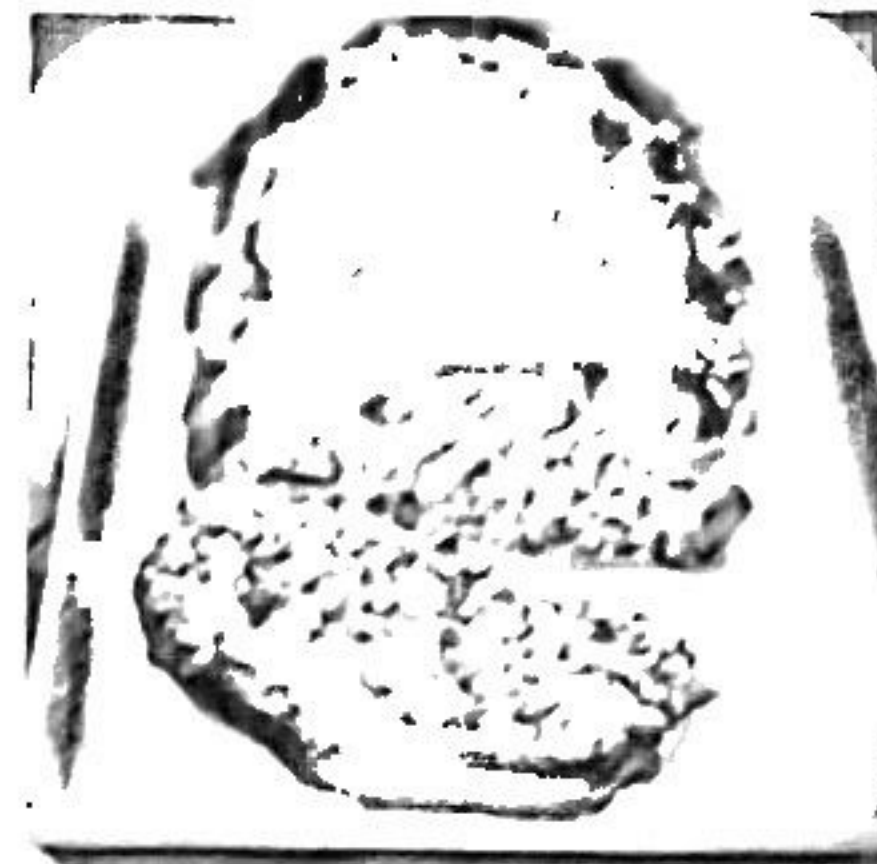
Turkey Meatloaf

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This ground turkey meatloaf is a lighter spin on a classic comfort food. It's packed with lean protein and tastes moist, tender and super flavorful.

Prep Time: 10 minutes **Cook Time:** 45 minutes **Total Time:** 55 minutes

Servings: 4



Ingredients

Meatloaf:

- 1 pounds 90% lean ground turkey , or 1 pound ground beef and 1 pound ground turkey
- 0.25 cup panko breadcrumbs
- 0.13 cup whole milk , or beef broth, plus more as needed
- 1 large eggs , whisked
- 1-1.5 Tablespoons fresh parsley , or 2 teaspoons dried parsley
- 1 Tablespoons Worcestershire sauce
- 1 Tablespoons ketchup
- 0.63 teaspoons Kosher salt
- 0.13 teaspoon ground black pepper
- 0.5 teaspoon garlic powder
- 0.5 teaspoon onion powder

Sauce:

- 0.25 cup ketchup or BBQ sauce , I like to mix half and half
- 1 Tablespoons light brown sugar

Instructions

- 1 Preheat the oven to 375°F. Line a baking sheet or 9x5-inch loaf pan with foil. Lightly spray with nonstick spray and set aside.
- 2 In a large bowl, mix the turkey, breadcrumbs, milk, eggs, parsley, Worcestershire sauce, ketchup, salt, pepper, garlic powder, and onion powder until combined. Don't overmix or the meat won't be as tender.
- 3 Form the mixture into a loaf shape on the baking sheet. In a small bowl, mix together the ketchup and/or BBQ sauce and brown sugar. Pour over the top of the meatloaf. Add pepper on top, if desired.
- 4 Bake meatloaf 45 to 55 minutes, or until the center reaches 160°F. Allow to rest 5 to 10 minutes before slicing into 8 to 10 slices.

Notes

Variations:

- You may substitute fresh onion and garlic (1/2 cup onion, 4 garlic cloves minced), however, make sure to sauté them with a little olive oil before adding to the meat.
- If you prefer a little heat, add in a pinch of red pepper flakes to the meat or a few dashes of chili sauce or sriracha to the meatloaf sauce.
- If you want to make this gluten free, use gluten free bread crumbs or old fashioned oats.
- If you prefer your meatloaf extra saucy, you can always mix up another batch and brush more on the last 10 minutes of cooking or use it for dipping.

Tip: Make sure to use good quality ground turkey for optimal flavor.

Turkey Meatloaf by I Heart Naptime.

Find full recipe notes and reviews here: <https://www.iheartnaptime.net/turkey-meatloaf/>