

INGREDIENTS

FOR MEATLOAF

- 1-1/2 LBS GROUND TURKEY
- 1 C ALMOND MILK (OR PREFERRED)
- 1/4 C TOMATO PASTE
- 1 EGG
- 1-2 CLOVES GARLIC, MINCED
- 1/2 BELL PEPPER (OR 4 MINI), CHOPPED
- 1/8 C GREEN ONION, CHOPPED
- 1/4 TSP DRY SAGE
- 1/2 TSP DRY MUSTARD (OR 1/2 T MUSTARD)
- 1 T BROWN SUGAR (OR 1/2 T HONEY)
- 3 LG SLICES SOURDOUGH BREAD, CRUMBS
(OR 3-5 SLICES OF GF BREAD, CRUMBS)

FOR SAUCE

- 3 T TOMATO PASTE
- 1 T BROWN SUGAR (OR 1/2 T HONEY)
- 1/2 TSP HONEY
- 1/2 TSP BALSAMIC VINEGAR
- 1/4 TSP SEA SALT
- 1/4 TSP BLACK PEPPER
- 1/4 TSP DRY MUSTARD (OR 3/4 TSP MUSTARD)


DIRECTIONS


- MIX ALL INGREDIENTS FOR MEATLOAF IN A LARGE BOWL
- **PREHEAT OVEN TO 350°F**
- FILL 1 LARGE OR 2 MINI LOAF PANS WITH MEATLOAF MIXTURE TO TOP
- COOK FOR 45 MIN
- WHILE COOKING, MIX ALL SAUCE INGREDIENTS IN SMALL BOWL
- AT 45 MIN MARK SPREAD HALF OF SAUCE ACROSS TOP OF MEATLOAF AND COOK AN ADDITIONAL 15 MIN (SAVE REST OF SAUCE FOR SERVING)
- REMOVE AND SERVE

NOTES: I HAVE ALWAYS FOUND THIS RECIPE TO BE THE MOST FLAVORFUL AND 'JUICY' WITH GROUND TURKEY, BUT YOU CAN USE GROUND BEEF AS WELL. FOR TURKEY OR BEEF CHOOSE A LEAN OPTION 96% OR >. ANY TYPE OF BREAD CAN BE USED, CRUMBLE WITH HANDS (CRUSTS ARE FINE). USE 3-5 SLICES DEPENDING ON SLICE SIZE.



MOST FAVORITE MEATLOAF (GF)

 (1) lg loaf
serves 4-6

 10 min prep
60 min bake

Meatloaf is a favorite comfort food and this one is no exception. One of the best parts about meatloaf is that there are so many ways to make it; just be mindful that no matter what you substitute that you try and keep the ratios of wet to dry ingredients comparable and if substituting, realize you may need to adjust cooking times.

FOOD FOR THOUGHT:

Did you know that Meatloaf's modern origins come from Germany and Belgium? In the US it was adapted from Scrapple, a pork and cornmeal based recipe and after the advent of the domestic meat grinder developed into the form known today.