

Turkey Meatloaf - Ina Garten

Adapted slightly from Ina Garten



Servings: 5

1. Preheat oven to 325°F.
2. In a medium saute pan, over medium-low heat, cook the onions, olive oil, salt, pepper, and thyme until translucent, but not browned, approximately 15 minutes. Add the Worcestershire sauce, chicken stock, and tomato paste and mix well. Allow to cool to room temperature.
3. Combine the ground turkey, bread crumbs, eggs, and onion mixture in a large bowl. Mix well and shape into a rectangular loaf on an ungreased sheet pan. Spread the ketchup evenly on top. Bake for 1 1/4 hours until the internal temperature is 160°F. and the meatloaf is cooked through. (A pan of hot water in the oven under the meatloaf will keep the top from cracking.) Serve hot, at room temperature, or cold in a sandwich.

- 1 large yellow onions, chopped
- 1 tablespoon olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon dried thyme
- 3 tablespoons Worcestershire sauce
- 3/8 cup chicken stock
- 1 1/2 tablespoons tomato paste
- 2 1/2 pounds ground turkey, breast meat only
- 1 cup dry bread crumbs, plain, not seasoned
- 2 large eggs, beaten
- 1/2 cup ketchup

*Per Serving (excluding unknown items): 526
Calories; 23g Fat (40.0% calories from fat);
51g Protein; 28g Carbohydrate; 2g Dietary
Fiber; 232mg Cholesterol; 1161mg Sodium;
9g Total Sugars; 1mcg Vitamin D; 118mg
Calcium; 5mg Iron; 862mg Potassium;
557mg Phosphorus. Exchanges: .*

Carolyn T's Blog: tastingspoons.com