

Julie's Turkey or Beef

Veggie Meatloaf

Yield: ~6-8 Servings

Prep time: 15-20 minutes

Total time: 75 minutes

Ingredients

- 2 lb of ground organic turkey or beef
 - 1/4 cup finely chopped green onion/shallot
 - 1/2 cup finely chopped or grated carrot
 - 1/4 cup finely chopped organic zucchini
 - 1/3 cup finely chopped celery
 - 1/4 tsp sea salt
 - 1 Tbsp minced garlic (*or omit if sensitive and use garlic-infused olive oil to saute*)
 - 1/8 tsp fresh-ground pepper
- *Add any additional veggies you may enjoy!

Add to the above Base Recipe:

- 2 large organic pastured egg whites
- 1/2 tsp oregano
- 1/4 tsp thyme
- 1/2 tsp dried parsley
- 2 tbsp GF organic ketchup
- 1/4 cup GF breadcrumbs, or cooked oatmeal, millet, or quinoa – or omit! (I typically leave it out!)

Directions

Step 1: Preheat oven to 350 degrees.

Step 2: Sauté the above veggies only in 1-2 TBSP olive oil for about 10-15 minutes until soft. Let cool slightly.



Step 3: In a large mixing bowl, add the turkey and all other ingredient except the veggies. Combine well

Step 4: Once veggies are slightly cooled add in and mix well. I suggest mixing well with your hands to really get the ingredients mixed well ;)

Step 5: Once you have combined the above ingredients. Add to 2 well-oiled loaf pans. If desired top with extra ketchup or tomato sauce or leave plain based on your preference.

Step 6: Place in oven and bake for 40-50 minutes

Notes:

- Makes great leftovers! Freezes well
- Pair with salad, cauliflower rice, or sweet potato
- Gluten, dairy, nut, soy, and grain free
- Be sure not to overcook.