

Meatloaf

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Serves: 4-6 people
Yield: 1 loaf
Time: 1:35 hours

Ingredients

½ cup of fully cooked, mashed beans
(see page 70)
1 pound of lean ground turkey
1 cup of crushed whole grain crackers
1 whole egg plus one egg white
1 small onion, small dice (½ cup)
1 clove garlic, minced
½ cup of red bell pepper, diced
½ cup of recaito (see page 58)
½ cup of tomato sauce (see page 64)
1 tablespoon of Worcestershire sauce
¼ tablespoon of ground black pepper
Salt to taste

Directions

- ✳ Coat a loaf pan with cooking spray.
- ✳ Prepare all other ingredients and place in a large bowl.
- ✳ Mix thoroughly and press into the prepared pan.
- ✳ Bake at 350° Fahrenheit until an instant read thermometer registers 160° Fahrenheit when inserted into the center, about 45 minutes. When the meat is done, you can cut into the middle and make sure it is brown to the center.

Did You Know?

Ground beef and turkey are both excellent sources of protein, vitamins and minerals. However they often contain a lot of saturated fat. Lean or extra lean meat is lower in fat. Mashed beans further reduces the fat and lowers the cost.

