



**WATCH THE GRILL SERGEANTS EVERY MONDAY  
AT NOON EST**

## **“Turkey Meatloaf”**

<b>1 1/4 lb</b>	<b>ground turkey, mix of light/dark meat</b>
<b>1 1/2 cups</b>	<b>finely chopped onion</b>
<b>1 tbsp</b>	<b>minced garlic</b>
<b>1 tsp</b>	<b>olive oil</b>
<b>1 medium</b>	<b>carrot, diced</b>
<b>3/4 lb</b>	<b>cremini mushrooms, finely chopped in food processor</b>
<b>1 tsp</b>	<b>salt</b>
<b>1/2 tsp</b>	<b>black pepper</b>
<b>1 1/2 tsp</b>	<b>Worcestershire sauce</b>
<b>1/3 cup</b>	<b>finely chopped fresh parsley</b>
<b>1/4 cup + 1 tbsp</b>	<b>ketchup</b>
<b>1 cup</b>	<b>fresh bread crumbs</b>
<b>1/3 cup</b>	<b>milk</b>
<b>1</b>	<b>large egg, lightly beaten</b>
<b>1</b>	<b>egg white, lightly beaten</b>

**Preheat oven to 400°F. Cook onion and garlic in oil in a 12-inch nonstick skillet over moderate heat, stirring until onion is softened, about 2 minutes. Add carrots and cook, stirring until softened, about 3 minutes. Add mushrooms, 1/2 teaspoon salt, and 1/4 teaspoon pepper, stirring occasionally, 10 to 15 minutes. Stir in Worcestershire sauce, parsley, and 3 tablespoons ketchup, then transfer vegetables to a large bowl and cool.**

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**Stir together bread crumbs and milk in a small bowl and let stand 5 minutes. Stir in egg and egg white, then add to vegetables. Add turkey and remaining 1/2 teaspoon salt and 1/4 teaspoon pepper to vegetable mixture and mix well with your hands. (Mixture will be very moist.)**

**Form into a loaf in a lightly oiled loaf pan or 13x9 inch metal baking pan and brush meatloaf evenly with remaining 2 tablespoons ketchup. Bake in middle of oven until thermometer inserted into meatloaf registers 170°F, about 50 to 55 minutes.**

**Let meatloaf stand 5 minutes before serving.**