

# Turkey Meatloaf

## Ingredients

### *For the Loaf*

- 1 lb ground turkey (not rolls)
- 2/3 cup dry breadcrumbs
- 1/2 small onion, minced
- 3/4 cup whole milk
- 1 egg, beaten
- 1 tsp soy sauce
- 1/2 tsp seasoned pepper

### *For the Sauce*

- 1/3 cup ketchup
- 2 tbsp brown sugar
- 1 tbsp yellow mustard

## Instructions

Preheat oven to 350°F. Procure aluminum foil, a cookie sheet, a large mixing bowl, and a small mixing bowl.

1. In the large mixing bowl, combine all the ingredients for the loaf together. Fold gently to combine; don't overmix. The mixture should not be homogeneous.
2. In the small mixing bowl, stir together the ingredients for the sauce until homogeneous.
3. Place the loaf mixture onto the cookie sheet lined with aluminum foil. Shape it into a rectangle about  $1\frac{1}{2}$  inches thick.
4. Make a small ditch in the center of the loaf, just enough for all of the sauce. A ditch too deep will lead to problems when trying to cook it equally. Fill the ditch with the sauce.
5. Bake for 40 – 45 minutes, until internal temperature is 160°F and juices run clear.
6. Let sit for 10 minutes. Cut as desired and serve hot—or cold after refrigerating.