

TURKEY MEATLOAF WITH ROASTED SWEET POTATO WEDGES

The thing we love about meatloaf is while also being a crowd pleaser, meatloaf is a great place to hide some veggies! Simply shred some of your favorite vegetables (or whatever is going bad in your fridge) and throw them in the meat mixture! The veggies will also help bring moisture in, which will keep your meatloaf from drying out. A little homemade bbq sauce and a side of baked sweet potato fries will make this meal a healthy, family favorite.



Ingredients

- 2 lbs. ground turkey
- 2 Eggs
- 1/2 cup oats
- 1 onion
- 2-3 sweet potatoes

From your pantry

- 3-4 cloves garlic or 1 Tablespoon granulated garlic
- 1/2 cup homemade BBQ sauce (recipe follows)
- 1 Tbsp. Hungarian spice blend
- 1 cup shredded vegetables (whatever is on hand, carrots, cabbage, broccoli, zucchini, mushrooms etc.)
- Oil
- Salt and pepper

Equipment:

- 2 baking sheets or loaf pan

PREPARATION: 20 MIN

COOKING: 75 MIN

READY IN: 95 MIN

MAKES 6 SERVINGS

Directions

*Read through entire recipe before getting started.
Wash and dry all produce.*

1. Preheat the oven to 350°F. Remove ends and peel from **onion**; then, small dice. Mince or grate **garlic**. Shred or mince whatever optional **vegetable** you may be using. Peel **sweet potatoes** and cut into 1/2" wedges. Crack and whisk **eggs**.
2. Prepare **BBQ sauce** following the instructions below.
3. In a large bowl mix **ground turkey, eggs, oats, shredded vegetables, remaining half of the onion, garlic cloves and 2 Tbsp. BBQ sauce**. Season with **salt and pepper** and mix using both hands to combine.
4. Rub a loaf pan or baking sheet with a little **oil**. Carefully transfer meat mixture into pan and press to remove any air bubbles or alternatively place on the baking sheet and form into a loaf using your hands. Brush with a little more BBQ sauce and cover with aluminum foil. Transfer to the oven and bake for 1 hour or until fully cooked (poultry like turkey should be 160 degrees when fully cooked).
5. While the meatloaf is baking line another baking sheet with foil add **sweet potatoes, Hungarian spice blend, salt and pepper and a generous drizzle of oil**. Toss to incorporate and bake for 30-35 min until tender and browned.
6. Remove from heat. Slice meatloaf and serve with sweet potato fries!

Tips, Tricks, and Terms

Homemade BBQ sauce!

Using the same formula as we did in our Kentucky Fried Tofu recipe, we can whip us a simple and DELICIOUS condiment to top our meatloaf, serve with baked chicken, and keep in the fridge to use in your favorite way! Use any sweetener and any vinegar to get that tangy sweet balanced flavor.

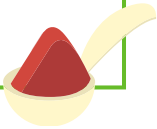
Heat 1 tbsp oil in a medium sauce pan over med-high heat. Add half of an onion and cook 3-4 min until translucent. Add 1-2 cloves of garlic and cook 1-2 min. Add 2oz of tomato paste or 6oz tomato sauce, 2 oz mustard, 1/2 c vinegar (any type), 1/3 cup sweetener (sugar, honey, etc.), 2 tbsp Worcestershire sauce. Season with salt and pepper. Whisk to incorporate. Simmer uncovered for 10-12 min until sauce thickens. Remove from heat and allow to cool.

Hungarian Spice Blend

This blend is one of our favorites for the smoky and sweet paprika with herby notes. Use on roasted meats or vegetables, your favorite soup or stew, or here to flavor a simple meatloaf:

- 2 tablespoons sweet paprika
- 1 1/2 teaspoon smoked paprika
- 1 1/2 teaspoon dried rosemary
- 1 1/2 teaspoon dried thyme
- 1 1/2 teaspoon fennel seeds
- 1 1/2 teaspoon marjoram or oregano

Store in a small jar with a lid.



Fairview Health Services (fairview.org) is a Minneapolis-based nonprofit health system driven to heal, discover and educate for longer, healthier lives. Founded in 1906, Fairview provides exceptional care to patients and communities as one of the most comprehensive and geographically accessible systems in Minnesota.

Learn more by visiting
www.fairview.org/



THANKS TO OUR
AMAZING GROUP OF
PARTNERS!

