

Carolyn's Traditional Turkey Meatloaf

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Cooking With Carolyn

Ingredients

Yield: 4 to 6 Servings

- 2 Pounds Ground Turkey
- 6 Tablespoons Extra Virgin Olive Oil
- ¾ Cup Diced Onions
- ¼ Cup Diced Green Bell Peppers
- 3 Cloves Minced Garlic
- 2 Teaspoons Dried Thyme
- 1½ Teaspoons Paprika
- To Taste Kosher Salt
- To Taste Black Pepper
- To Taste Grand Diamond All Purpose Seasoning
- 2/3 Cup Bread Crumbs (Your choice: panko, seasoned or unseasoned traditional bread crumbs, crushed croutons, crushed crackers)
- 1 Beaten Egg
- 3 Tablespoons Worcestershire Sauce
- ¼ Cup Heavy Cream or Milk
- ¼ Cup Chicken Stock

Glaze

- ½ Cup Ketchup
- 1 Tablespoon Worcestershire Sauce
- 2 Teaspoons Dijon Mustard
- 1/8 Teaspoon Cayenne Pepper (optional)

Directions

Preheat oven at 375 degrees

Preheat a medium sized skillet over medium-high heat and add the oil. Once the oil is hot, sauté the onions and bell peppers for about 5 to 7 minutes or until the onions are translucent. Next add the garlic, thyme and paprika and stir for another minute or so. Turn off the heat and set aside.

In a large bowl combine the ground turkey, bread crumbs, beaten egg, Worcestershire sauce, heavy cream, chicken stock, and finally the sautéed onions and peppers along with all of the sautéing oil in the skillet. Use your hands to mix all of the ingredients together. Be careful not over work the mixture. (**Tip:** Make a

small patty, about the size of a half dollar, cook it in the same skillet that was used to sauté the onions and peppers. Taste it and adjust the seasonings to your taste.) To make the glaze, combine the ketchup, Worcestershire sauce, Dijon, and cayenne in a small bowl, stir to combine and set aside.

Place the mixture into a rectangular baking dish and shape into a loaf. Bake uncovered at 375 degrees until an instant read thermometer is inserted and reads 160 degrees, start checking it after 1 hour (As a reference, my meatloaf took about 1 hour and 20 minutes.) Also at the first hour mark, pour the glaze evenly over the top of the meatloaf and finish cooking. Once it's done, place the meatloaf on a plate to rest for about 15 minutes before cutting and serving.