

## ***Turkey and Brown Rice Meatloaf***

### **Ingredients**

*Yield 8-10 portions*

2 lb	Ground Turkey, 93/7
2 cups	Brown rice, cooked soft and cooled
4 each	Garlic, minced
1 cup	Onion, medium, diced fine
1 cup	Carrot, diced fine
1 tbl	Olive oil
2 tbl	Sage, fresh chopped
1 tbl	Oregano, fresh chopped
3 tbl	Ketchup
1 tbl	Worcestershire sauce
2 each	Eggs, beaten
1tsp	Salt
1 tsp	Black pepper, ground
2 tbl	Ketchup

### **Method**

- In large pan add onions, carrots, garlic and olive oil, cook over medium flame until softened, set aside.
- In stainless steel bowl add cooked rice, cooked garlic, onion and carrot, oregano, sage, ketchup, Worcestershire sauce and eggs, mix well.
- Add ground turkey and mix well either by hand or in mixer with paddle attachment until consistency is smooth.
- Add salt and pepper, mix well.
- Form into loaf and place onto baking dish that has been sprayed with non-stick spray, rub 2 tbl ketchup on top of meatloaf,
- Place into preheated 350° oven and bake for 30 minutes or until internal temperature reaches 165°,
- Set aside to cool slightly, slice into 1" slices, serve with either tomato sauce or brown gravy.