



Turkey Meatloaf with Crimini Mushrooms & Herbs (Gluten Free)

Active Time: None | Total Time: None | Serves: 4

Nutrition Information Per Serving

479.7 calories, 14.44 g carbohydrate, 1.68 g fiber, 12.76 g NET carbs, 34.66 g protein, 31.98 g fat

Ingredients

- 2 slice(s) Food for Life Brown Rice Bread
- 2 Tbsp(s) fresh organic parsley, chopped
- 2 large(s) organic eggs, lightly beaten
- 1 tsp sea salt
- 1 whole organic shallot, minced
- 1 cup organic crimini mushrooms, sliced
- 1/2 tsp(s) ground black pepper
- 2 Tbsp(s) organic extra-virgin olive oil
- 1 cup organic chicken broth
- 1 Tbsp fresh organic fresh thyme, chopped
- 24 ounce(s) organic ground turkey

Preparation

1. Lightly toast bread and cut into cubes.
2. Preheat oven to 350°F. Brush 8 1/2x4 1/2x2 1/3-inch loaf pan with olive or avocado oil.
3. Toss bread with broth in large bowl. Let stand until bread absorbs broth and softens, about 10 minutes.
4. Mix in mushrooms, eggs, shallots, parsley, thyme, salt, pepper, and oil.
5. Add turkey; mix just until blended.
6. Transfer to pan. Bake until thermometer inserted into center registers 170°F, about 1 hour 25 minutes.

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