



## Spicy Paleo Turkey Meatloaf

**Active Time:** 15 minutes | **Total Time:** 1 hour | **Serves:** 6

### Nutrition Information Per Serving

243.3 calories, 3.45 g carbohydrate, 1.45 g fiber, 2 g NET carbs, 21.87 g protein, 16.17 g fat

#### Ingredients

- 1 Tbsp Bob's Red Mill Organic Coconut Flour
- 1/2 tsp(s) sea salt
- 1/4 tsp(s) fresh ground black pepper
- 2 tsp(s) dried oregano
- 1/2 Tbsp(s) organic chili powder
- 2 large(s) pastured eggs, beaten
- 1 cup organic spinach, chopped
- 24 ounce(s) pastured ground turkey
- 3 clove(s) garlic, minced
- 4 Tbsp(s) organic crushed tomatoes
- 2 tsp(s) smoked paprika

#### Preparation

1. Preheat oven to 375 degrees F.
2. In a large bowl, combine ground turkey, eggs, coconut flour, garlic, chili powder, oregano, salt and pepper. Mix in spinach.
3. Gently pack meatloaf mixture into a greased 9 x 5-inch loaf pan.
4. Combine crushed tomatoes with smoke paprika. Spread over top of meatloaf to coat.
5. Bake uncovered for 45 minutes or until juices run clear when meat loaf is pierced with a knife, or internal temperature registers 165 degrees F.
6. Remove from oven. Let cool 15 minutes, then serve.&nbsp;

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