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LARISSA TABORSKI

TURKEY MEATLOAF WITH ROASTED VEGETABLES

Ingredients:

- 1 - small yellow onion, finely chopped
- 2 - cloves, garlic minced
- 1 - carrot, finely diced
- 6 - cremini mushrooms, finely diced
- ½ - teaspoon mixed Italian seasoning
- 1 ¼ - lbs dark ground turkey meat
- ¼ - cup breadcrumbs
- 1 - egg, lightly beaten
- ¾ - cup ketchup or BBQ sauce
- ½ - teaspoon Kosher salt
- Ground pepper

When meatloaf is made with lean meats such as turkey it can be formed into a roll and cooked directly on a baking pan with a side of vegetables for an easy one dish meal. Because turkey is so lean it's best to use dark meat.

Preparation:

Saute the onions over moderate heat for a few minutes then stir in the garlic and cook for a few minutes.

Stir in the carrots, mushrooms and Italian seasoning and cook covered with a little water or stock until the carrots have softened, about 8 - 10 minutes.

Heat the oven to Combination Convection Steam 350 degrees

Combine the turkey, breadcrumbs, egg and ½ cup of the ketchup or BBQ sauce and season with the salt and pepper.

Stir in the cooked vegetables and place the mixture on a rimmed baking sheet lined with parchment.

Shape the mixture into a long thin log and brush with the remainder of the ketchup or BBQ sauce.

Toss the vegetables with a little oil and arrange on the baking sheet next to the turkey.

COMBINATION CONVECTION STEAM MODE



Allow approximately 35 - 40 minutes to cook the turkey and 10 minutes for resting before slicing.

Serves 4 - 6

WRITE YOUR NOTES: