

HOME-STYLE MEATLOAF

1 1/8 Tbsp dry cereal or oatmeal
1 1/8 Tbsp red bell peppers, diced fine
1/2 tsp chicken base, low sodium
1 1/2 tsp fresh parsley, chopped
3/4 tsp dried basil leaves, crushed
1/8 tsp salt
1/8 tsp black pepper
8 ounces 80/20 ground beef

1/2 ounce liquid eggs
3/4 tsp garlic, minced
2 2/3 Tbsp yellow onion, diced
9 5/8 ounces ground turkey, 10% fat
**1 1/2 tsp ketchup, canned, plus more
for topping if desired**
Nonstick cooking spray

Combine ingredients in large mixer until well blended, approximately 5 minutes on low speed using the paddle. Be sure to stop and scrape bowl twice during the mixing process. Coat the loaf pan with nonstick spray and shape the meatloaf in pan. Spoon ketchup over the top of the meatloaf and bake at 375 degrees until the internal temp of the meatloaf reaches 165 degrees F. Allow to rest prior to removing from pan and cutting. Serves 4.

