The AlphaGal Kitchen Recipe by: Carlye Carr



Turkey Mushroom Meatloaf

Ingredients:

- 2 eggs
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp garlic powder (adjust to taste) Use fresh garlic if available
- 2 tsp Italian seasoning mix (I use McCormick's Perfect Pinch Italian seasoning mix)
- 1 small onion finely chopped
- 1 carrot finely chopped
- 8 oz mushrooms coarsely chopped (save a few whole ones to slice and put on top)
- 3/4 cup old fashion rolled oats
- 1.5 # ground turkey
- 1 pkg turkey gravy or turkey mushroom gravy mix

Directions:

- 1. Whisk eggs, salt, pepper and seasoning mix together
- 2. Add onion, oats, mushrooms (remember to save a couple to put on top), carrot
- 3. Mix ground turkey with everything above
- 1. Bake at 325 for 1 hr. Remove from oven
- 2. Prepare gravy mix according to directions but reduce water to 2/3 cup instead.
- 3. Place reserved sliced mushrooms on top of turkey loaf
- 4. Pour gravy mix over mushrooms
- 5. Return to oven and cook at 325 for another 30 mins. Meat thermometer should be at 160 degrees or higher.

May omit ingredients according to personal preference. I generally use more garlic & onions.

I generally get 3 lbs of ground turkey and double ingredients.