



# Meatloaf

## (Chicken & Turkey)

### Ingredients:

1 lb ground turkey  
1 lb ground chicken  
1 onion diced  
1 rib celery diced finely  
1 carrot diced finely  
4 oz finely diced mushrooms  
2 tsp Worcestershire sauce  
2 eggs beaten  
2 tsp salt  
1 cup breadcrumbs  
1/2 cup parsley (chopped)  
1-2 TBS olive oil  
1 tsp fresh chopped thyme (optional)  
3 cloves garlic  
Ketchup  
Worcestershire sauce  
Brown sugar or honey

Preheat oven to 400F. Sauté the onions, celery and carrots in olive oil until translucent, add the garlic and sauté an additional minute or two. Remove from heat and allow to cool. Once cooled, mix all of the ingredients together thoroughly. Form the meat mixture into a loaf and place into a non-stick bread loaf pan, or form loaf and place on cookie sheet lined with parchment paper. Make a glaze with ketchup, brown sugar (or honey) and a little Worcestershire sauce in a saucepan. Brush glaze on the meatloaf and place in oven and cook until an internal temperature of 160F is reached, approximately 1hr 10 minutes.