

## **Turkey Meatloaf for Now and Later**

Makes 4 meatloaves for 2 people or 2 meatloaves for 4 people

2 2/3 lbs ground turkey with 7% fat  
2 tablespoons olive oil  
1 large onion, finely chopped  
2 large carrots, peeled and finely chopped  
2 celery stalks, finely chopped  
1 1/4 teaspoons salt, divided  
1/2 teaspoon plus 1/8 teaspoon freshly ground black pepper  
3 garlic cloves, minced  
2 tablespoons tomato paste  
1 cup Panko breadcrumbs  
1 cup finely grated Parmesan cheese  
1 large egg, lightly beaten  
1/4 cup finely chopped flat leaf parsley  
3 to 4 tablespoons ketchup (per meatloaf)

Preheat the oven to 350 degrees. Heat the olive oil in a large skillet over medium-high heat. Add the onion, carrot, celery, 1/4 teaspoon salt and 1/8 teaspoon pepper and cook until soft and golden, about 5 to 7 minutes. Stir in the garlic and cook until fragrant, about 30 seconds. Stir in the tomato paste and cook for an additional minute. Remove the skillet from the heat and let the vegetable mixture cool.

In a large bowl, combine the ground turkey, the cooled vegetable mixture, the Panko breadcrumbs, Parmesan cheese, egg, parsley, the remaining 1-teaspoon salt and 1/2 teaspoon ground black pepper. Mix everything together with your hands (use latex gloves if you have them) and then divide into four equal portions (about 13 ounces each) or two portions (about 26 ounces each). Shape each portion into a small loaf. If making meatloaves for later, wrap the extra meatloaves tightly in plastic wrap and place in a Ziploc bag. Don't add the ketchup until you plan to cook the meatloaf. Label, date, and freeze.

If cooking immediately, place the meatloaf on a greased baking sheet and spread the ketchup over the top. Bake for 45 minutes (55 to 60 minutes if baking larger loaves) or until the internal temperature reaches 165 degrees. Let the meatloaf sit for at least five minutes before serving.

To prepare frozen meatloaves, move the meatloaf from the freezer to your refrigerator 24 hours before you plan to eat it to allow it to defrost. Spread the top with ketchup and bake as directed above.

**This recipe came from Minced blog  
([www.mincedblog.com](http://www.mincedblog.com)).**