



PROJECT: GET IT DONE TOGETHER

Turkey Quinoa Meatloaf

Adult Supervision Required | Gluten free

Ingredients:

- 1/3 cup Quinoa, rinsed
- 2/3 cup Water or chicken stock
- 1 tbsp Olive oil
- 1 Small onion, finely chopped
- 1 Carrot, grated
- 1 Red bell pepper, finely chopped
- 2 Cloves garlic, minced
- 2 lbs Ground turkey
- 2 tbsp Tomato paste
- 1/4 tsp Cayenne pepper
- 1 tsp Garlic powder
- 1 tsp Onion powder
- 2 tbsp Worcestershire sauce
- 2 Eggs
- 2 tsp Salt
- 1 tsp Pepper
- 2 tbsp Brown sugar
- 2 tsp Worcestershire sauce

Instructions:

1. Bring the quinoa and water or chicken stock to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, and the water has been absorbed, about 15 to 20 minutes. Set aside to cool.
2. Heat an oven to 350° F.
3. Heat the olive oil in a skillet over medium heat. Stir in the onion, carrot and bell pepper, sauté until the onion has softened and turned translucent, about 5 minutes. Add the garlic and cook for another minute; remove from heat to cool.
4. In a large bowl, stir the turkey, cooked quinoa, cooked veggies, tomato paste, cayenne, onion and garlic powder, 2 tablespoons Worcestershire, eggs, salt, and pepper until well combined. The mixture will be very moist. Shape into a loaf on a parchment or foil lined rimmed baking sheet.
5. Combine the brown sugar and 2 teaspoons Worcestershire in a small bowl. Rub the paste over the top of the meatloaf.
6. Bake in the preheated oven until no longer pink in the center, about 50 minutes. An instant-read thermometer inserted into the center should read at least 160° F. Let the meatloaf cool for 10 minutes before slicing and serving.

Makes 6 servings