Turkey Meatloaf

written by The Recipe Exchange | April 28, 2016

Ingredients

3/4 cup quick-cooking oats
1/2 cup skim milk
1 medium onion, peeled
2 pounds ground turkey breast
1/2 cup chopped red bell pepper
2 eggs, beaten
2 teaspoons Worcestershire sauce
1/4 cup ketchup
1/2 teaspoon salt
Freshly ground black pepper
1 (8-ounce) can tomato sauce

Directions

Preheat the oven to 350 degrees F.

In a small bowl, stir together the oats and milk. Thinly slice 1/4 of the onion and set aside. Finely chop the remaining onion. In a large bowl combine the turkey, oat mixture, chopped onion, bell pepper, eggs, Worcestershire sauce, ketchup, salt and a few grinds of pepper.

Mix just until well combined.

Transfer the mixture to a 9 by 13-inch baking dish and shape into a loaf about 5 inches wide and 2 1/2 inches high. Pour the tomato sauce over the meatloaf and sprinkle with the sliced onions. Bake for about 1 hour or until an instant-read thermometer registers 160 degrees.F.

Remove from the oven and let rest for 10 to15 minutes before slicing.