

# 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.