

Turkey Meatloaf



2 lbs. ground turkey
1 cup Spanish onion, chopped
¼ cup cooked quinoa
1 cup red peppers, minced
1 cup mushrooms, minced

1 egg
3 tbsp. tomato paste
2 tbsp. garlic, minced
Hot sauce (optional)

Cook the Quinoa according to the package instructions.
Preheat oven to 350F.

In a skillet, sauté the onion, garlic, mushrooms and peppers until soft. In a bowl, mix together the ground turkey, egg and cooked quinoa. Stir until all is blended. Form a loaf and top with tomato paste. Season with salt & pepper, add hot sauce if desired. Place in baking dish and bake for about 45 minutes or until internal temperature reaches 150 F.

Let meatloaf rest covered for 10 minutes before slicing.