

Classic Meatloaf adapted from downshiftology.com

Ingredients

2/3 cup rolled oats (blitz in cuise to break up)

1/3 cup milk

2 pounds ground dark turkey

1 small onion finely diced (about 1 cup diced)

4 garlic cloves, minced

2 large eggs

2 Tbsp finely chopped fresh parsley

2 Tbsp nomato sauce

1 Tbsp tamari

1 tsp sage

1/2 tsp salt

Meatloaf Glaze

1/2 cup nomato sauce

1 Tbsp tamari sauce

1 Tbsp date sugar

Instructions

1. Heat the milk and add to the oats. Let sit until thickened.

2. Preheat the oven to 350F. In the stand mixer bowl, add the ground beef, onion, garlic, eggs, nomato sauce, tamari, oat mixture, parsley and sage.

3. Place the meat mixture in 3 small (mini) loaf pans (or use 1 long loaf). In a small bowl, stir together the glaze ingredients: nomato sauce, tamari and sugar. Brush it all over the top of the meatloaf.

4. Bake for 50 to 60 minutes, or until the internal temperature has reached 160F.