

# QUINOA TURKEY MEATLOAF

## INGREDIENTS

- 1/2 C** Vegetable Broth (See note below)
- 1/4 C** Quinoa (See note below)
- 1 t** Extra virgin garlic olive oil **OR** non-stick cooking spray
- 1** Onion (chopped)
- 1 clove** Garlic (chopped)
- 20 oz** Turkey (ground)
- 1 T** Tomato Paste
- 1 T** Hot Sauce
- 1/4 C** Egg substitute
- 2 T** Worcestershire Sauce
- 3 shakes** Smoked Paprika
- Non-Stick cooking Spray



## SAUCE

- 2 t** Worcestershire Sauce
- 2T** Brown Sugar **OR** Sugar substitute
- 1 t** Water

## COOKING INSTRUCTIONS

- 1 Take a 2 qt. pot & put in the vegetable broth & heat at medium high temperature
- 2 When the stock boils add the quinoa & stir
- 3 Cover the pot & check back in a minute to see if it is boiling again
- 4 If it is boiling then turn the heat down to it's lowest temperature
- 5 Check the quinoa after 15 minutes & if there still liquid cook with the cover off mixing every few minutes until there's no more liquid & it looks like rice would look when it's done
- 6 Mix the quinoa with a fork to make sure it isn't clumping
- 7 In a saute pan over medium heat add olive oil or cooking spray & saute onion & garlic until soft
- 8 Preheat oven to 350F
- 9 Mix the turkey, quinoa & other ingredients except 2 T Worcestershire, sugar & water
- 10 Spray a loaf pan with non-stick cooking spray & place your mix in it
- 11 Mix the last 2 T Worcestershire sauce, sugar or sugar substitute & water & rub on the meatloaf
- 12 Bake for about 50 minutes

## NOTES

- 1 If you're not using Ancient Harvest Quinoa, you should soak your quinoa in cold water for 15 minutes & then drain the remaining water before cooking the quinoa
- 2 Trader Joe's Low Sodium Vegetable broth is recommended because of its flavor & color
- 3 You can substitute BBQ sauce instead of the Worcestershire sauce
- 4 Makes 5 servings