

Turkey Meatloaf and Gravy

Savannah · 30/09/2024



Prep Time

1 hr 40 mins

Difficult

Medium

Servings

6

Description

Best served with garlic mashed potatoes and steamed broccoli A wonderful healthy meal Lots of ingredients but worth the effort

Ingredients

- - 1 tablespoon butter - 1 cup minced white onion - 3/4 cup minced green onions - 1/2 cup minced carrots - 1/2 cup minced celery - 1/4 cup minced green bell pepper - 1/4 cup minced red bell pepper - 2 teaspoons minced garlic - 1 teaspoon salt - 1 teaspoon ground black pepper - 1/2 teaspoon cayenne pepper - 1/2 teaspoon ground nutmeg - 1/2 teaspoon ground cumin - 3 eggs - 1/2 cup ketchup - 1/2 cup half-and-half cream - 1 1/2 pounds ground turkey - 1/2 pound chicken sausage - 3/4 cup fresh bread crumbs - 2 tablespoons butter
- divided - 4 shallots
- minced - 1/4 cup minced red bell pepper - 1/2 cup minced yellow bell pepper - 1 sprig fresh thyme - 1 bay leaves - freshly ground black pepper to taste - 1/2 cup half-and-half cream - 2 tablespoons minced garlic - 1 cup beef stock - 1 cup chicken stock - 2 roma tomatoes - peeled
- seeded and chopped - 1/2 cup ketchup - salt and freshly ground black pepper to taste

Instructions

1. Preheat oven to 350 degrees F (175 degrees C). Grease a 9x5 inch loaf pan. Melt butter in a large heavy skillet over medium heat. Saute white onions
2. green onions
3. carrots
4. celery
5. green and red bell peppers
6. and garlic until soft
7. about 10 minutes. Remove from heat. In a large bowl
8. combine salt
9. black pepper
10. cayenne pepper
11. nutmeg and cumin. Stir in eggs
12. ketchup and half-and-half. Blend in vegetable mixture from skillet. Add ground turkey
13. chicken sausage and bread crumbs. Mix well with hands
14. then shape into a loaf. Place into greased 9x5 inch loaf pan. Bake in preheated oven for 50 to 70 minutes
15. or until cooked through and nicely browned. Let rest for 10 minutes
16. then serve with gravy. To make the gravy: Melt 1 tablespoon butter in a heavy skillet over medium heat. Saute shallots with red and yellow peppers until tender
17. about 10 minutes. Season with thyme
18. bay leaf and black pepper. Stir in half-and-half
19. garlic
20. beef stock and chicken stock. Increase heat to high
21. and boil uncovered until liquid is reduced by 1/4
22. about 10 minutes. Stir in tomatoes and ketchup. Simmer uncovered for 20 minutes. Stir in remaining tablespoon butter
23. and season to taste with salt and pepper. Strain gravy
24. discarding bay leaf and thyme before serving.