

Buffalo Veggie Quinoa Meatloaf

Savannah · 30/09/2024



Prep Time

1 hr 35 mins

Difficult

Medium

Servings

4

Description

Well its hard to make a healthy meatloaf with traditional ingredients So this recipe is hearty healthy and guiltfree

Ingredients

- - ½ cup water - ¼ cup quinoa - 1 tablespoon olive oil
- or as needed - 1 small sweet yellow onion
- chopped - 1 sweet potato
- chopped - 1 cup chopped kale
- or more to taste - ½ red bell pepper
- chopped
- or more to taste - 1 pound ground buffalo meat - 2 eggs - 1 tablespoon Worcestershire sauce
- or more to taste - 1 tablespoon minced garlic
- or more to taste - 1 tablespoon ketchup
- or more to taste - 1 ½ teaspoons salt - 1 teaspoon ground black pepper - 1 pinch dried oregano
- or more to taste - 1 pinch dried basil
- or more to taste - 1 pinch dried thyme
- or more to taste - 1 tablespoon barbeque sauce
- or to taste

Instructions

1. Preheat oven to 375 degrees F (190 degrees C). Grease a 9x5-inch loaf pan. Bring water and quinoa to a boil in a saucepan. Reduce heat to medium-low
2. cover
3. and simmer until quinoa is tender and water has been absorbed
4. 10 to 15 minutes. Heat olive oil in a skillet over medium heat; cook and stir onion
5. sweet potato
6. kale
7. and red bell pepper until tender
8. 10 to 15 minutes. Combine buffalo meat
9. eggs
10. Worcestershire sauce
11. garlic
12. ketchup
13. salt
14. black pepper
15. oregano
16. basil
17. and thyme together in a bowl. Add vegetable mixture and quinoa to buffalo mixture and mix well. Transfer mixture to the prepared loaf pan; top with a thin layer of barbeque sauce. Bake in the preheated oven until no longer pink in the center
18. about 1 hour. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C). Cook's Note: Substitute tomato paste for ketchup
19. if desired.