



Hidden Veggie Meatloaf

Jacob · 28/09/2024



Prep Time

1 hr 55 mins

Difficult

Medium

Servings

6

Description

Yummiest meatloaf Ive ever tasted It has so much flavor and stays very moist Everyone Ive served it to loves it My kids go crazy over it and dont realize they are consuming veggies This recipe freezes well Whenever I take the time to do a recipe that takes time like chopping veggies and freezes well I multiply the recipe eating one for dinner that night and freezing a few more for later

Ingredients

— - 1 pound lean ground beef - ? pound ground turkey - 1 egg - $\frac{3}{4}$ cup finely chopped celery - $\frac{3}{4}$ cup regular rolled oats - $\frac{1}{2}$ cup skim milk - $\frac{1}{2}$ cup ketchup - $\frac{1}{2}$ cup finely chopped onion - $\frac{1}{2}$ cup finely chopped green bell pepper - 1 tablespoon dried parsley - 1 teaspoon dry mustard powder - ? teaspoon salt - $\frac{1}{2}$ teaspoon minced garlic - $\frac{1}{2}$ teaspoon ground black pepper

Instructions

1. Preheat the oven to 325 degrees F (165 degrees C). Combine ground beef
2. ground turkey
3. egg
4. celery
5. rolled oats
6. skim milk
7. ketchup
8. onion
9. green pepper
10. parsley
11. dry mustard
12. salt
13. minced garlic
14. and black pepper in a bowl until thoroughly combined; mixture will be moist. Transfer mixture into a 9x5-inch loaf pan. Bake in the preheated oven until an instant-read meat thermometer inserted into the center of the meatloaf reads at least 160 degrees F (70 degrees C)
15. about 1 1/2 hours. Meatloaf may still look pink inside due to ketchup. Tips If your children don't like to see vegetables in their meatloaf at all
16. use your blender and blend the veggies with the milk (I use the chopper blade in a food processor).