

Turkey and Quinoa Meatloaf

Jacob · 28/09/2024



Prep Time

10 mins

Difficult

Medium

Servings

1 hr 50 mins

Description

I always found turkey meatloaf recipes to be quite disappointing as the flavor is usually lacking as well as the texture. So I developed this recipe that has a great texture and a surprisingly good flavor. My brother couldn't even tell that it wasn't beef. The secret is the quinoa which adds wonderful texture and is much nuttier than breadcrumbs.

Ingredients

- - ½ cup water - ¼ cup quinoa - 1 teaspoon olive oil - 1 small onion
- chopped - 1 large clove garlic
- chopped - 2 tablespoons brown sugar - 2 teaspoons Worcestershire sauce - 1 teaspoon water - 1 (20 ounce) package ground turkey - 1 egg - 2 tablespoons Worcestershire sauce - 1 tablespoon tomato paste - 1 tablespoon hot pepper sauce - 1 ½ teaspoons salt - 1 teaspoon ground black pepper

Instructions

1. Bring 1/2 cup water and quinoa to a boil in a saucepan over high heat. Reduce the heat to medium-low
2. cover
3. and simmer until quinoa is tender and the water has been absorbed
4. 15 to 20 minutes. Set aside to cool. Preheat the oven to 350 degrees F (175 degrees C). Line a baking sheet with foil. Heat olive oil in a skillet over medium heat. Add onion; cook and stir until soft and translucent
5. about 5 minutes. Add garlic and cook for 1 more minute. Remove from the heat and cool slightly. Mix brown sugar
6. 2 teaspoons Worcestershire sauce
7. and 1 teaspoon water together in a small bowl until a paste forms. Mix turkey
8. cooked quinoa
9. onion mixture
10. egg
11. 2 tablespoons Worcestershire sauce
12. tomato paste
13. hot sauce
14. salt
15. and pepper together in a large bowl until well combined; the mixture will be very moist. Shape into a loaf and place onto the prepared baking sheet. Spread brown sugar paste over the top. Bake in the preheated oven until no longer pink in the center
16. about 50 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Let cool for 10 minutes before slicing and serving. Allrecipes Magazine