

## [Turkey Meatloaf for Skeptics](#)

From "Smitten Kitchen Keepers," by Deb Perelman

Servings: 4

Prep Time: 25 minutes

Bake Time: 35 minutes

*"Note: This is a small-sized meatloaf, and it works for my family of four. It doubles easily, either as two small loaves (baking time the same) or one larger, freeform loaf that will take between 60 and 70 minutes in the oven."*

### **Ingredients**

#### Meatloaf

1 medium yellow onion, roughly chopped

1 garlic clove, smashed

1 slim carrot, roughly chopped

Olive oil

Kosher salt and freshly ground black pepper

1/2 cup (30 grams) panko-style breadcrumbs

1/4 cup (60 grams) chicken broth

1 1/2 teaspoons tomato paste

1 teaspoon Dijon mustard

1 tablespoon (15 grams) Worcestershire sauce

2 tablespoons chopped fresh flat-leaf parsley

1 large egg

1 pound (455 grams) ground turkey, preferably a mix of dark and light meat, or just dark

#### Glaze

1 heaped (20 grams) tablespoon ketchup

1 tablespoon molasses

1 tablespoon (15 grams) apple-cider vinegar

1 teaspoon hot sauce of your choice (optional)

1 teaspoon Worcestershire sauce

Kosher salt and freshly ground black pepper, to taste

Heat the oven: To 350°F (175°C).

Prepare the meatloaf: Lightly coat a 9-by-13-inch baking dish or small sheet pan with nonstick spray. Very finely dice the onion, garlic, and carrot in a food processor, or by hand on a cutting board. Heat a large skillet over medium heat. Once the skillet is hot, coat the bottom with olive oil, and heat it for a minute; then add the vegetables. Season with salt and pepper, and cook, stirring frequently, until they begin to brown, about 7 to 10 minutes; transfer them to a large bowl.

Add the breadcrumbs, broth, tomato paste, mustard, Worcestershire, parsley, 1 teaspoon salt, and 1/2 teaspoon pepper, and stir to combine. Add the egg by beating it directly into

the vegetable mixture (I like to use a fork). Add the turkey, and combine just until the vegetable-egg mixture is dispersed through the meat. Pat the turkey mixture into about a 4-by-8-inch shape in your prepared pan.

**Make the glaze:** In a small bowl, combine the glaze ingredients. Brush or spoon the glaze over the meatloaf.

**Bake:** Bake the meatloaf for 30 to 35 minutes, until the internal temperature is 160°F (70°C). If you don't have a thermometer, you can insert a knife into the center and hold it there for 10 seconds. You should feel no resistance, and when you pull it out, the blade should feel hot.

Let the meatloaf rest for 5 minutes, then cut it into 1-inch slices to serve.