

烘火雞肉卷

Turkey Meatloaf (for 1 Loaf)

Ingredients:

½ cup	Chopped Onion
¼ cup	Chopped Celery
10	Minced Garlic Cloves
1 tbsp	Chopped Thyme
1 tsp	Chopped Sage
2 lbs	Ground Turkey
1 tbsp	Worcestershire Sauce
¼ cup	Chopped Parsley
2 oz	Panko
3 tbsp	Ketchup
To Taste	Salt and Pepper

Instructions:

- 1) Sauté onion, celery, garlic, thyme, and sage in a pot for 3 to 5 minutes or until all vegetable soft. Put aside and let cool to room temperature.
- 2) In a mixing bowl, mix ground turkey, Worcestershire sauce, parsley, panko, and ketchup with vegetable mixture. Season with salt and pepper. Cook small amount of the turkey mixture in a hot pan and taste to check seasoning.
- 3) Once it is seasoned well, fill the mixture into a baking tray until the tray is filled full with the turkey mixture. Then bake it at 350°F for 1 hour and 40 minutes or until internal temperature reaches 71°C.
- 4) After turkey loaf is cooked, let it sit on a baking tray for at least 15 minutes before serving.