

(you can't tell it's...)

SmellsThat*smile*

Turkey Meatloaf

Serves about 8, about 150 calories per serving (slice 1/8 of a loaf/112g)
20 min prep 60 min cook time **Total 1h 20m**

- 1 lb ground Turkey
- 1 Tbsp Garlic (minced)
- 1 Onion (chopped)
- 1 Egg
- 1 Tbsp Worcestershire
 - and 1 tsp in sauce
- 1 can of Tomato Soup
 - 2Tbsp in Meatloaf, Rest of Can in Sauce
- ½ cup Bread Crumbs
- 1 Tbsp Ketchup
- 1 Tbsp Mustard
- ½ tsp Garlic Powder
- ½ tsp Onion Powder

1. Heat oven to 350F
2. Sauté onion and garlic in pan on medium-high heat. About 5-10 min until softened.
3. Mix together Ground Turkey, Onions, Garlic, Egg, 1 Tbsp Worcestershire sauce, 2 Tbsp Tomato Soup, and Bread Crumbs in a large bowl. When thoroughly mixed, place in a loaf pan that has been sprayed with non-stick spray.
4. In another bowl, make the Sauce by mixing together the rest of the can of Tomato Soup, 1 tsp of Worcestershire Sauce, Ketchup, Mustard, Garlic Powder, and Onion Powder. When sauce is evenly mixed, pour about 1/3 to 1/2 of the sauce on top of the uncooked meatloaf.
5. Place meatloaf in oven and bake for 50 minutes. Add the rest of the sauce or another 1/3 of sauce on top of meatloaf and bake for another 10 minutes. Use a meat thermometer and make sure the internal temperature is 165F, then slice, serve, and enjoy.

- *The reason I mention splitting sauce into thirds is because I like to have some sauce leftover to leave on side when serving meatloaf.*