

## TURKEY LOAF

### Ingredients

- 8 ounces mushrooms, trimmed and very finely chopped
- 1 medium onion, peeled and finely chopped
- 2 garlic cloves, peeled and minced
- 1 tablespoon oil
- 1 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 1 tablespoon Worcestershire sauce
- 7 tablespoons ketchup, divided
- 1 cup (60 grams) panko bread crumbs
- 1/3 cup (80 ml) milk
- 2 large eggs, lightly beaten
- 1 1/4 pound ground turkey (92% lean)

### Cooking Instructions

1. Heat oven to 400 degrees F. Lightly oil a rimmed baking sheet (or 9-inch by 13-inch baking pan) lined with aluminum foil.
2. Heat oil in a large skillet over medium-low heat. Add the onion and cook, stirring occasionally, until softened; about 5 minutes. Add the garlic and cook until fragrant, about 1 minute. Stir in the mushrooms, a 1/2-teaspoon of salt, and a 1/4-teaspoon of pepper. Cook until the mushrooms give off their liquid and it boils away; about 10 minutes.
3. Transfer the onions and mushrooms to a large bowl, and then stir in the Worcestershire sauce and 3 tablespoons of the ketchup. Set aside to cool for 5 minutes.
4. Meanwhile, combine the breadcrumbs and milk in a small bowl.
5. Stir the breadcrumb mixture and the eggs into the mushrooms and onions. Using a fork or your hands, gently mix in the turkey, a 1/2-teaspoon of salt and a 1/4 teaspoon of pepper. The mixture will be very wet.

6. Form the meatloaf into a 9-inch by 5-inch oval in the middle of the prepared baking sheet. Spread the remaining 4 tablespoons of ketchup on top.
7. Bake the meatloaf until an instant read thermometer inserted into the thickest part of the meatloaf registers 170 degrees F, about 50 minutes. Let stand 5 minutes before slicing.