



RECIPES

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Mini Vegetable Meatloaves

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Serves 6 People | 15 minutes- prep time | 15 minutes- cooking time | 30 minutes- total time

What you need:

- 1 pound ground turkey
- 1 small onion, diced
- 1 Small tomato, diced
- 1/2 cup parsley, chopped
- 1 tablespoon garlic, minced
- 2/3 cup breadcrumbs
- 1 tablespoon Worcestershire sauce
- salt and pepper
- 1/2 cup barbecue sauce, for topping

How to make it:

Preheat your oven to 375 degrees F and grease your mini loaf pan. If you don't have a mini loaf pan you can go ahead and use regular sized loaf pan or casserole dish.

In a large bowl, mix all of your ingredients together, except for the barbecue sauce. We're going to save that for later ;)

Once the meat is well combined, go ahead and put in your meat. Be sure to leave about an inch from the top, so that the juice from the meatloaf doesn't overflow while baking.

Now, put your meatloaf into the oven and bake for 15 minutes if using the mini loaf pan and if you are using a full sized loaf pan, bake for 1 hour.

Once finished baking, remove from the oven and brush your barbecue on the top of your meatloaf. Now, turn on your oven broiler and bake for 5 minutes.

Finally, take it out of the oven and allow it to rest for at least 10 minutes. Don't forget to dig in and of course, enjoy!

Recipe courtesy of Chef Will Coleman
www.chefwillcoleman.com
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