

Turkey Meatloaf and Mashed Potatoes

By Chef Joanne



INGREDIENTS:

Meatloaf:

- 1 lb. ground turkey
- 1 egg
- 1/4 cup chopped onion
- 1/4 cup red bell pepper
- 1/4 cup wheat breadcrumbs
- 8 Tbsp. ketchup
- 3 Tbsp. skim milk

Mashed Potatoes:

- 5 russet baking potatoes
- 1 can chicken broth, low sodium
- 3 Tbsp. olive oil
- 1/4 cup skim milk

DIRECTIONS:

1. Preheat oven to 350F.
2. Mix all meatloaf ingredients together in a large bowl.
3. Divide evenly into 6 loaves.
4. Spray cooking sheet with nonstick spray.
5. Spread each meatloaf with 1 Tbsp. ketchup.
6. Bake for 25 minutes or until internal temperature reaches 165F.
7. While meatloaves are baking, peel potatoes and cut into 1/4's.
8. Boil in large pot with chicken broth and 1 cup water for 15 minutes.
9. Drain potatoes and reserve 3 Tbsp. of broth.
10. Put potatoes back into pot and mash with milk, olive oil and broth.
11. Enjoy!

MEAL KIT SHOPPING LIST



30 min

Yield: 6 servings



1 lb. ground turkey



5 russet potatoes



1 egg



1 can chicken broth, low sodium



1 white onion



1 red bell pepper



1 bag wheat bread crumbs



1 qt. skim milk

Seasonings and more:

- olive oil
- ketchup

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Healthy Options.
Cooking at Home

Grocery cost: \$23.09

Recipe cost: \$13.94

Cost per meal: \$2.32

*prices found at Wegmans as
of August 2024