

Jake's Famous Turkey Meatloaf

Made famous in our household by my savor-savvy fiancé, Jake, this hearty and delicious dish is guaranteed to satisfy with only a fraction of the meat! This half-plant-based alternative will be easy on your health AND your wallet by using red lentils and oats, both great sources of iron! At the same time, this recipe defies turkey's reputation as a dry, flavorless meat and packs an undeniable flavor punch. With sides of mashed potatoes and a vegetable, it easily feeds four adults, twice!

Lentils

You're gonna need:

- 1 Cup Red Lentils
- About a Tablespoon of neutralish cooking oil
- 1 ½ Cups water or broth
- Extra flavor stuffs (I used some liquid aminos, liquid smoke, and a little marsala wine. You could use soy sauce, hot sauce, or any white wine.)
- Pinch of Salt

I like to start my lentils with just a little oil and toast them in the pan over medium heat for a couple minutes before I add the liquid. This is totally optional though. Add the liquid and any flavor enhancers, then turn to medium-low heat. Keep an eye on these! Mine were done after only ten minutes. If they run out of liquid and they're not soft yet, add just a little more liquid. The key here is to have lentils that are soft but not WET, so only add the bare amount of liquid they need to cook.

Mix the Meat

- 1 Medium Onion (diced)
- 4 Cloves of Garlic (Minced or Pressed)
- ½ Tbsp Parsley (You can use more if you're not shy! We used like 2 Tbsp Fresh!)
- ½ tsp each of Sage, Rosemary, Thyme (Increase to taste if you're into it)
- 1 Tbsp Tomato Paste
- 1 tsp Better Than Bouillon Paste (optional, esp. if you used broth with the lentils.)
- Cooked Lentils (See above.)
- 1 lb. Ground Turkey (mine was 85% lean)
- ¾ Cup Rolled Oats
- ½ Cup Breadcrumbs
- 2 Eggs
- 1 Tbsp Ketchup
- 1 Tbsp Worcestershire Sauce
- ½ Tbsp Yellow Mustard
- Salt and Pepper

First preheat your oven to **350°**, and grease a loaf pan. My favorite tried-and-true method for greasing a baking pan is to use a little refined coconut oil, spread it all around with your hands, making sure to get edges and corners, then stick the pan in the fridge until you're ready. The coconut oil will solidify, ensuring the coating stays in place when you fill the pan.

Start with the **LEFT COLUMN**. Sauté the **onion** in a medium frying pan with a bit of **oil**. When it starts to turn translucent, add the rest of the ingredients in the column. (If you put lentils in, you've gone too far!) If you're using dry herbs, crush them between your palms before adding them to the pan. It helps release the flavors. When everything is well combined, cook for another three minutes or so, then turn off the heat.

When that's finished, get out a large bowl and in it, mix all the ingredients in the **RIGHT COLUMN**, along with your **sautéed onion mixture**. It's easiest to just use your (very clean) hands. So put everything in the bowl **FIRST**, then get in there. You're not going to be able to taste for salt, so my advice is go easy! Broth is salty, but even if you used water, there's already some in the Worcestershire sauce, mustard, ketchup and possibly the breadcrumbs. Your dinner mates can always add more salt at the table. Transfer your loaf mix to the loaf pan and bake for **45 minutes**.

Glaze:

While that's in the oven, make your glaze. You'll need:

- ¼ Cup Ketchup
- 1 Tbsp Brown Sugar

Whisk that together, then use a basting brush to apply it to the top of your loaf after the 45 minutes.

Put it back in the oven for another **10 minutes**, and then it's done!

You may want to let it sit on the counter for 5 minutes before serving, but we couldn't wait, so we're not judging.