



## Recipes

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### SWEET POTATO AND BEEF OR TURKEY MEATLOAF

**Serves:** 4

#### Ingredients

- 500 grams (17.5 oz) of extra lean ground beef or ground turkey
- 1 package (400 grams or 14 ½ oz) of grated sweet potato
- 1 crushed garlic clove
- ¼ tsp onion powder
- 3 tsp smoked paprika
- 2 tsp Italian herbs or 1 tsp each of oregano, basil, rosemary and thyme
- ¼ tsp of black pepper or ½ tsp of 21 Seasoning Salute
- 2 eggs beaten
- 2 tbs Worcestershire sauce
- ¼ cup ketchup

#### Directions

- Combine above ingredients and push down into a loaf pan lined with aluminum foil
- Bake at 350 F for 45 minutes

While the meat loaf is baking, make the glaze.

#### Ingredients

- 1 cup passata
- ½ cup low sodium chicken or vegetable broth
- 1 tbs tomato paste or 1 tbs ketchup
- ½ tsp onion powder
- ½ tsp garlic powder
- 2 tbs maple syrup

- 2 packages low sodium chicken broth dissolved in ¼ cup hot water
- Chopped fresh parsley to garnish
- Salt and black pepper

### **Directions**

- Bring ingredients to boil in a saucepan stirring frequently to prevent burning
- Lower heat and simmer until sauce reduces down and thickens
- Raise the oven temperature to 400 F after meatloaf has baked for 45 minutes
- Pour sauce on top of meatloaf and bake for 15 minutes \*glazes meat loaf
- Remove from oven, sprinkle with chopped parsley and let rest for 10 minutes before slicing.

### **Options for sauce**

- ½ cup ketchup
- 2 tbs maple syrup
- 2 packages low sodium chicken broth in ¼ cup water