

20-Minute Meatloaf

Budget-friendly recipe

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Serves: 3

Ready in: 35 mins.

Two Kelly Cullen resident chefs perfected this recipe.

Ingredients

1 Egg

¼ cup rolled oats, crushed crackers, or bread crumbs

1 pound Ground turkey

½ cup Onion *finely chopped*

½ cup Carrot *finely chopped or grated*

1 small can tomato sauce *about 1/2 cup*

2 teaspoons Brown Sugar

1 teaspoon prepared mustard *or 1/4 teaspoon mustard powder*

salt and black pepper to taste

What You'll Need

Cutting board

Knife

measuring cups and spoons

Medium bowl

Spoon

Microwave

Glass rectangular dish

wax paper or paper towel

Directions

1. In medium bowl mix egg and crackers, oats, or bread crumbs.
2. Add turkey, onion, carrot, and salt and pepper. Mix well.
3. In separate bowl, make sauce by mixing tomato sauce, brown sugar, and mustard.
4. Add half of the sauce to the meat mixture.
5. Shape into a loaf and place in a microwave-safe dish.
6. Spoon the sauce mixture over top of the meatloaf, just until covered. Cover with waxed paper or a paper towel.
7. Cook 5–6 minutes.
8. Turn dish in microwave and cook 5 minutes more. Repeat until cooked through.
9. Let stand for 10 minutes. total cooking time depends on your microwave.

Chef Tips

Chef tip: you can use any kind of ground meat in this recipe. If possible however, choose lean meat such as ground turkey breast, ground chicken, or extra-lean ground beef.

Nutrition Info and more



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Serving size: 1 cup

Total calories: 335 Total fat: 16 g Saturated fat: 4 g Carbohydrates: 14 g Protein: 35 g Fiber: 2 g

Sodium: 406 mg