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Best Turkey Meatloaf

For a healthier turkey meatloaf, after much trial and error I came up with this recipe. It's important to make this on a jelly-roll pan (rimmed baking sheet) so the liquids can be drained off. Also, don't put the topping on before the meatloaf has cooked for 30 minutes; ground turkey creates a lot of juices, so if you put the topping on first it will become watery and runny.

Recipe by **isabella104**

Prep Time: 15 mins

Cook Time: 1 hr

Total Time: 1 hr 15 mins

Ingredients

Meatloaf:

- 1 ½ pounds ground turkey
- ¾ cup crushed buttery round crackers
- ½ cup milk
- 1 small onion, chopped
- 1 egg
- 2 cloves garlic, minced
- 1 ½ teaspoons salt
- ¼ teaspoon ground black pepper

Topping:

- ½ cup ketchup
- ¼ cup brown sugar
- 1 tablespoon Worcestershire sauce

Directions

Step 1

Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a jelly-roll pan.

Step 2

Mix ground turkey, crushed crackers, milk, onion, egg, garlic, salt, and black pepper in a bowl. Shape mixture into a loaf and place on the prepared pan.

Step 3

Mix ketchup, brown sugar, and Worcestershire sauce in a separate bowl; set aside.

Step 4

Bake meatloaf in preheated oven for 30 minutes; remove from the oven and drain off liquids. Top meatloaf with ketchup topping.

Step 5

Return loaf to the oven and continue baking until no longer pink in the center, about 30 minutes more; an instant-read thermometer inserted into the center should read at least 160 degrees F (71 degrees C).

Nutrition Facts

Per serving: 296 calories; total fat 13g; saturated fat 3g; cholesterol 85mg; sodium 881mg; total carbohydrate 25g; dietary fiber 1g; total sugars 13g; protein 20g; vitamin c 4mg; calcium 65mg; iron 2mg; potassium 297mg

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Creamy Italian White Bean Soup

Hearty and healthy soup that is a favorite with friends and family. Sounds more difficult than it is. Try it! We're positive you'll be pleased. Serve with grated Parmesan cheese.

Recipe by **colleenlora**  Tested by **Allrecipes Test Kitchen**

Prep Time: 20 mins

Cook Time: 30 mins

Total Time: 50 mins

Ingredients

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 stalk celery, chopped
- 1 clove garlic, minced
- 2 (16 ounce) cans white kidney beans, rinsed and drained
- 1 (14 ounce) can chicken broth
- ¼ teaspoon ground black pepper
- ⅛ teaspoon dried thyme
- 2 cups water
- 1 bunch fresh spinach, rinsed and thinly sliced
- 1 tablespoon lemon juice

Directions

Step 1

In a large saucepan, heat oil. Cook onion and celery in oil for 5 to 8 minutes, or until tender. Add garlic, and cook for 30 seconds, continually stirring.

Step 2

Stir in beans, chicken broth, pepper, thyme and 2 cups water. Bring to a boil, reduce heat, and then simmer for 15 minutes.

Step 3

With slotted spoon, remove 2 cups of the bean and vegetable mixture from soup and set aside.

Step 4

In blender at low speed, blend remaining soup in small batches until smooth, (it helps to remove the center piece of the blender lid to allow steam to escape.)

Step 5

Once blended pour soup back into stock pot and stir in reserved beans.

Step 6

Bring to a boil, occasionally stirring. Stir in spinach and cook 1 minute or until spinach is wilted.

Step 7

Stir in lemon juice and remove from heat and serve with fresh grated Parmesan cheese on top.

Nutrition Facts

Per serving: 245 calories; total fat 5g; saturated fat 1g; cholesterol 2mg; sodium 1014mg; total carbohydrate 38g; dietary fiber 11g; total sugars 2g; protein 12g; vitamin c 28mg; calcium 170mg; iron 6mg; potassium 551mg

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Nanny's Spaghetti Sauce

This is my Sicilian great-grandmother's recipe. I've never tasted better. Serve with meatballs and Italian sausage; it's also terrific as a marinara sauce.

Recipe by **Melanie Harvey**

Ingredients

- 1 (28 ounce) can crushed tomatoes
- 2 (8 ounce) cans tomato sauce
- 1 (6 ounce) can tomato paste
- 3 cloves garlic, minced
- 1 tablespoon white sugar
- 2 tablespoons red wine vinegar
- 2 teaspoons dried oregano
- 1 pinch crushed red pepper flakes

Directions

Step 1

In a large skillet combine the crushed tomatoes, tomato paste, tomato sauce, garlic, sugar, vinegar, oregano and red pepper flakes. Stir all together and simmer over low heat for at least 30 minutes (for the best flavor). Stir frequently to prevent burning.

Nutrition Facts

Per serving: 97 calories; total fat 1g; saturated fat 0g; sodium 788mg; total carbohydrate 22g; dietary fiber 5g; total sugars 9g; protein 5g; vitamin c 24mg; calcium 75mg; iron 4mg; potassium 940mg