



Turkey Loaf

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
¼ cups	vegetable oil	60 mL
4	onions, sliced	4
8 cloves	garlic, minced	8 cloves
6 cups	mushrooms, chopped	1.5 L
5 lbs	ground turkey, thawed	2.27 kg
1 ½ cups	milk	375 mL
2 ½ cups	breadcrumbs OR cooked brown rice OR cooked quinoa	625 mL
5	eggs	5
3 (6 oz) cans	tomato paste	3 (170 g) cans
1 tsp	Worcestershire sauce	5 mL
2 tbsp	thyme or oregano, dried	30 mL
1 tsp	salt	5 mL
Optional:	pepper	

Instructions

1. Preheat oven to 350°F (180°C).
2. Heat oil in a heavy pan over medium-high heat. Add onions and cook until golden brown.
3. Add garlic and cook 2 minutes.
4. Add mushrooms and continue sautéing until all of the liquid has evaporated and the mushrooms have become lightly browned.
5. In a large bowl, mix together the turkey, milk, breadcrumbs, egg, tomato paste, Worcestershire sauce, thyme, salt, pepper (if using), and mushroom mixture.
6. Divide meat mixture between loaf pans. Flatten tops.
7. Bake until firm and lightly browned on top, about 1 hour (or until internal temperature reaches 165°F/ 75°C.)

Vegetarian Substitution suggestion:
Black Bean Loaf

Note: Nutrition Information is on Page 2.

Nutrition Information Serving 75 g
Calories 120
Fat 6 g
Saturated 1.5 g
+ Trans 0 g
Sodium 115 mg
Carbohydrates 14 g
Fibre 3 g
Sugars 1 g
Protein 4 g
Calcium 20 mg
Iron 1 mg

Food Guide Servings
½ Grain Product
1 Meat & Alternative