

Cook Turkey Meatloaf

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Cooking time:

14 minutes

cups

Yield:	pints	8	6	4	2
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5.0

Microwave	watts	1,000				
Mixer, electric						
Pan, microwave	@1pint	#	4	3	2	1

Eggs	#	8	6	4	2
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Beat eggs in mixer

Turkey, ground	lbs	4	3	2	1
Bread Crumbs	cuts	4	3	2	1
Milk	cup	4	3	2	1
Onion	chopped cups	2	1 1/2	1	1/2
Ketchup	spice TBSP	4	3	2	1
Parsley	spice TBSP	4	3	2	1
Worcestershire Sauce	spice TBSP	4	3	2	1
Garlic	spice teasp	2	1 1/2	1	1/2

Add to mixer & Mix

Microwave for 12 minutes on high per pound

(Meat thermometer at 160° F)

Cover top of meatloaf with ketchup

Microwave for 2 minutes on high

Let stand for 10 minutes

Serve &/or Add to container(s) & Frig for days or Freezer for months

NOTE: Can use oven 375° F for 45 minutes