

Healthy Classic Meatloaf Recipe

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Prep time: 25 minutes

Cook time: 50 minutes

Resting time: 10 minutes

Total time: 1 hour 25 minutes

Servings: 8

Equipment Needed:

- Large mixing bowl
- Cutting board and sharp knife
- Skillet for sautéing vegetables
- Wooden spoon or spatula
- Loaf pan or baking sheet lined with parchment paper
- Instant-read meat thermometer
- Measuring cups and spoons

Ingredients (US / Metric):

- Lean ground beef (90/10) - 1 lb / 454 g
- Ground turkey (93/7) - 1 lb / 454 g
- Rolled oats - 1 cup / 90 g
- Eggs - 2 large
- Onion, finely diced - 1 cup / 150 g
- Carrot, finely grated - 1 cup / 120 g
- Celery, finely diced - 1/2 cup / 60 g
- Mushrooms, minced - 1 cup / 100 g
- Garlic, minced - 3 cloves
- Low-sodium ketchup - 1/2 cup + 2 tbsp / 130 g
- Worcestershire sauce - 1 tbsp / 15 ml
- Fresh parsley, chopped - 1/4 cup / 15 g
- Dried thyme - 1 tsp

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- Smoked paprika - 1 tsp
- Black pepper - 1/2 tsp
- Salt - 1/2 tsp
- Olive oil - 1 tbsp / 15 ml

Preparation Instructions:

1. Preheat the oven to 375°F (190°C). Lightly oil a loaf pan or line a baking sheet with parchment paper.
2. Sauté the vegetables: Heat olive oil in a skillet over medium heat. Add onions, carrots, celery, mushrooms, and garlic. Cook until softened, about 5-6 minutes. Let cool slightly.
3. Mix the meatloaf: In a large mixing bowl, combine ground beef, ground turkey, oats, eggs, sautéed vegetables, parsley, thyme, paprika, pepper, and salt. Add 1/2 cup ketchup and Worcestershire sauce. Mix gently with clean hands or a spatula until combined-don't overmix.
4. Shape the loaf: Transfer the mixture to the prepared loaf pan or shape it into a free-form loaf on the baking sheet.
5. Top and bake: Spread the remaining 2 tablespoons of ketchup over the top. Bake for 50-55 minutes, or until an instant-read thermometer reads 160°F (71°C) for beef/turkey.
6. Rest and serve: Let the meatloaf rest for 10 minutes before slicing. Serve with steamed vegetables, roasted sweet potatoes, or a simple salad.

Nutritional Information (per serving, approximate):

- Calories: 250
- Protein: 24 g
- Total fat: 9 g
- Saturated fat: 3 g
- Carbohydrates: 16 g
- Fiber: 3 g
- Sugars: 4 g
- Sodium: 360 mg