



Rosemary Turkey Meatloaf

2 slices white bread
1/2 cup milk
2 garlic cloves
1 medium carrot
1 medium zucchini
1 medium onion
2 tablespoons butter
1 pound ground turkey
1 egg
1 1/2 teaspoons of salt
1/4 teaspoon minced rosemary

1. In small bowl, soak white bread in milk. Mash into a paste.
2. Break egg into a small clean bowl and beat. **Be sure to wash your hands after handling the raw egg.**
3. Remove the outer skin from the garlic and onion. **Scrub garlic, carrot, zucchini and onion with a vegetable brush while holding under cold running water.** Mince garlic, carrot, zucchini, and onion in a food processor.
4. Melt butter over low heat in a skillet. Add the minced mixture. Cook over medium heat until the butter starts to brown. Place in large bowl and let cool.
5. Add the bread paste, ground turkey, egg, salt, and rosemary. Stir with a wooden spoon until well blended. Form the meat mixture into a loaf on a baking sheet. **Be sure to wash your hands after handling the raw meat mixture.**
6. Heat the oven to 350°F. **Insert a cooking thermometer into the center of the meatloaf. Bake the meatloaf until the internal temperature reaches 165°F** (about 45 minutes). Enjoy!



Additional Food Safety Notes Related To This Recipe

- Always store raw ground turkey on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Place the ground turkey package on a pan or plate to catch any juices that may drip.
- Defrost frozen ground turkey on the bottom shelf of the refrigerator. Place the ground turkey package on a plate or a pan to catch any juices that may drip. This method of defrosting usually takes 1 day.
- Wash hands correctly after beating egg and handling raw meatloaf mix.
 - Moisten hands with warm water and apply soap.
 - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
 - Rinse hands and dry with a clean towel.
- Keep food out of the "Danger Zone".
 - Raw ground turkey should not be out of the refrigerator for longer than 2 hours.
 - You have 1 hour to put any leftovers into the refrigerator.
- When storing meatloaf leftovers, divide into small portions and place into a clean airtight storage container. Do not forget to label the container with the name and the date before placing in the refrigerator.
- When reheating leftover meatloaf be sure to use a cooking thermometer. Reheated meatloaf needs to reach a temperature of 165°F.

Recipe Source

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