

Mini Turkey Meatloaves

From "How To Feed a Family: The Sweet Potato Chronicles Cookbook"

Makes 6 minis

- 1 glug of olive oil
- 1/3 cup onion, diced on the fine side (this is about half of a medium onion)
- 1/3 cup celery, diced small
- 1/3 cup carrot, peeled and diced small
- 1 tsp fennel seeds (I left these out)
- 1/2 cup of rolled oats
- 1 1/2 pound of ground turkey (you could also sub with ground beef or chicken)
- 1/4 cup ketchup
- 1 egg
- 1/4 cup Parmesan, grated
- 2 Tbsp ketchup
- 1 tsp Worcestershire sauce

Method

Preheat the oven to 375 degrees.

Warm up your olive oil in a pan over medium heat.

Add your vegetables and the fennel seeds and allow them just start to soften, about 3 to 5 minutes. Remove from the heat and allow to cool a bit.

In a large mixing bowl, combine your meat, oats, ketchup, sauteed vegetables, cheese and egg

Mix with your clean hands or a fork

Now use a 1/3 cup measure to scoop up your mixture and put it into your muffin tin.

In a small bowl, mix together 2 Tbsp of ketchup and 1 tsp of Worcestershire sauce.

Use a small spoon to smear this glaze over the top of your mini meatloaves

Pop them in the oven for 40 minutes.

The internal temperature for meatloaf should be 160 to 165 degrees.

*If you're going to freeze these do not allow them to cool on the counter first. The bacteria that can make you sick flourish between 40 and 140 degrees. The other thing to keep in mind when freezing is to do it fast. Food that is frozen slowly will be full of large ice crystals which will damage the food as it thaws. The faster you freeze food, the smaller the ice crystal. So, just check that your freezer is set nice and low. The easiest ways for these to keep them shape well is to get them into the freezer while they're still in the muffin tins and allow them to chill and firm up. After an hour or so you can more easily get them out of the tray and put them in a zip lock bag or air tight container - just don't forget to mark the date on them. They'll keep well for 2 to 3 months.

When re-heating, you can either thaw them in the fridge overnight and then re-heat them in a 375 degree oven for 10 minutes, or pop them in frozen for about 20 minutes.