

RECIPE OF THE WEEK: PALEO EDITION

Turkey Meatloaf

Ingredients:

2 medium sweet onions (chopped)
1 red bell pepper (chopped)
1 tsp sea salt
1 tsp black pepper
1 tsp thyme
1 tsp garlic powder
2 tbsp coconut oil (although I am sure olive oil would also work fine)
1 tbsp tomato paste
1/2 cup chicken stock
1 tbsp worcestershire sauce
2 eggs
4 lbs ground turkey (we used 2lb ground chicken and 2lb ground beef and it was delicious)

Instructions:

1. Preheat oven to 325 degrees
2. Saute onions and red pepper about 10 minutes. Remove from heat and add in tomato paste, chicken stock, and worcestershire sauce.
3. In a large bowl, crack eggs over meat and mix in onion mix once it has cooled off.
4. Put the meatloaf into whatever dish you desire (we used a 13"x9" pan) - ungreased
5. Cook for 90 minutes (internal temp of 160 degrees)

Compliments of *Paleo Comfort Foods* and tweaked by Christine and Zach Trowbridge

