

Thai Turkey Meat Loaf (Slow Cooker)

*Slow Cooker Favorites - Volume 7
Meredith Corporation, Des Moines, IA*

*1 1/4 pounds lean ground turkey
1/2 cup chopped onion
1/2 cup shredded carrot
1/2 cup panko bread crumbs
1/4 cup snipped fresh cilantro
1 jalapeno pepper (optional), halved, seeded and finely chopped
3 cloves garlic, minced
1 egg, lightly beaten
2 tablespoons reduced-sodium soy sauce
2 tablespoons grated fresh ginger
1 tablespoon fish sauce
1/4 teaspoon black pepper
1/4 cup Thai sweet chili sauce
fresh cilantro leaves*

Preparation Time: 20 minutes

Slow Cooker: 5 hours

In a large bowl, combine the turkey, onion, carrot, bread crumbs, cilantro, jalapeno (if desired), garlic, egg, soy sauce and pepper. Form into two 6x3-inch loaves.

From heavy foil, cut three 18x3-inch foil strips. Fold in half lengthwise. Crisscross the strips and place in a 3-1/2- or 4-quart slow cooker. Place the loaves on the foil strips. Fold the strips inside the pot. Cover.

Cook on LOW five to six hours or until a meat thermometer registers 165 degrees. Use the foil strips to lift the loaves from the cooker.

Preheat the broiler. Line a baking sheet with foil. Place the loaves on the prepared baking sheet. Brush the chili sauce over the loaves.

Broil eight-inches from the heat for 4 to 5 minutes or just until the sauce starts to bubble. Top with cilantro leaves.

Per Serving (excluding unknown items): 1010 Calories; 48g Fat (41.8% calories from fat); 127g Protein; 23g Carbohydrate; 4g Dietary Fiber; 580mg Cholesterol; 1701mg Sodium. Exchanges: 0 Grain(Starch); 17 Lean Meat; 3 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.