

Thai Turkey Meatloaf (Slow Cooker)

Slow Cooker Favorites - Vol 7

Servings: 4

*1 1/2 pounds lean ground turkey (93%)
1/2 cup onion, chopped
1/2 cup carrot shredded
1/2 cup panko bread crumbs
1/4 cup snipped fresh cilantro
1 jalapeno pepper (optional), halved, seeded, 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, ginger, fish 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 into a three and one-half or four quart slow cooker. Place the loaves on the foil strips. Fold the strips inside the cooker. Cover.

Cook on LOW for five to six hours OR HIGH for two and one half to three hours OR until a thermometer registers 165 degrees (the meat may still look pink inside). Use the foil strips to lift the meat loaves out of the cooker.

Preheat the broiler. Line a baking sheet with foil.

Place the loaves on the prepared baking sheet. Brush 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): 43 Calories; 2g Fat (38.0% calories from fat); 2g Protein; 4g Carbohydrate; 1g Dietary Fiber; 54mg Cholesterol; 319mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.

