

Turkey Loaf with tomato sauce

2 tablespoons olive oil
2 cloves garlic, diced
1 onion, diced
2 celery ribs, diced
1 apple or pear, peeled and diced
½ cup raisins
¾ cup milk (rice milk for lactose free)
1½ cups breadcrumbs
2 pounds (1 package) ground lean turkey breast
4 tablespoons fresh herbs (thyme, sage, rosemary just to name a few)
Salt and freshly ground black pepper

Tomato Sauce

1 (28 oz) stew tomatoes
½ cup brown sugar
¼ cup apple cider vinegar
½ cup applesauce

Directions:

Preheat oven to 375°F.

In skillet sauté garlic, onion and celery together till translucent. Add apple or pear, raisins and milk, bring to quick boil and remove from heat.

Mix the meatloaf ingredients together, form a long, thin, oval-shaped loaf and transfer it to a sheet pan or pack into bread pan. Bake loaf for 30 minutes, cover with sauce and bake for an additional 15-20 minutes, or until it reaches an internal temperature of 165°F.

Sauce directions:

Add all sauce ingredients together, bring to boil reduce heat to high simmer and reduce till sauce thickens.