

# Veggie Packed Quinoa Meatloaf

*Serves 8*

## Ingredients

- 1 package lean ground turkey (20 oz)
- 2 cups cooked quinoa
- 2 Tbsp olive oil
- 2 cloves garlic
- 1 medium onion
- 1 large carrot
- 3 stalks of celery
- 1 orange pepper
- 3 cups spinach
- 1 egg
- 2 Tbsp Soy sauce/Worcestershire
- 2 Tbsp ketchup
- 2 Tbsp Chia seeds
- Salt/Pepper to taste



## Steps:

**Step 1:** Bring the quinoa and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, and the water has been absorbed, about 15 to 20 minutes. Set aside to cool.

**Step 2:** In food processor mince garlic, onions, carrots, celery, peppers and spinach

**Step 3:** Heat the olive oil in a skillet over medium heat. Stir in the onion; garlic cook and stir until the onion has softened and turned translucent, about 5 minutes. Add the minced carrot, celery, pepper and spinach, cooked until soft, about 5 minutes.

**Step 4:** Stir the turkey, cooked quinoa, vegetable mixture, Soy/ Worcestershire, egg, salt, and pepper in a large bowl until well combined. Then add 2 Tbsp chia seeds

**Step 5:** Place meatloaf mixture in 8 greased Ramekins and rub ketchup on top of the meatloaf. Bake 350 degrees for 40 minutes, until fully cooked.