

## MUSHROOM MEAT LOAF [Keto, Dairy-Free, or Vegetarian Options]

*Serves 6 adults (you can easily cut this recipe in half. Or freeze leftovers.)*

16 oz. mushrooms, minced (very finely chopped)	½ green bell pepper, diced
1 medium onion, peeled and diced	2-4 garlic cloves, peeled and minced
1 T. oil	¾ tsp. sea salt
½ tsp. ground black pepper	1 T. Worcestershire sauce
7 T. ketchup, divided	¼ C. milk*
1 C. panko bread crumbs or other type bread*	2 large eggs, beaten
1 lb. ground turkey**	



### **Directions**

Preheat oven to 400° F. Lightly oil a rimmed baking sheet (or 9-inch by 13-inch baking pan, or a loaf pan) lined with foil.

Heat oil in a large skillet over medium-low heat. Add onion and cook, stirring occasionally, until softened; about 5 minutes. Add bell pepper and cook about 2 minutes. Stir in the mushrooms, a 1/2-teaspoon of salt, and a 1/4-teaspoon of pepper. Cook until the mushrooms give off their liquid and it boils away; about 10 minutes or so. The mushrooms should be fully softened and have reduced in size quite a bit. Add the garlic, and cook about a minute or so until the fragrance is released. You don't want to burn the garlic so stir frequently.

Transfer the mushroom mixture to a large bowl, and then stir in the Worcestershire sauce and three tablespoons of the ketchup. Set aside to cool for 5 minutes.

Meanwhile, in a small bowl, beat your eggs, then add the breadcrumbs and milk, stirring to combine. Next add the breadcrumb mixture and the eggs into the mushrooms and onions. Using a fork or your hands, gently mix in the turkey, a 1/4-teaspoon of salt, and a 1/4 teaspoon of pepper. The mixture will be very wet.

Form the meatloaf into a 9-inch by 5-inch oval in the middle of the oiled prepared baking sheet (or dish you prepared). Spread the remaining four tablespoons of ketchup on top.

Bake the meatloaf until an instant-read thermometer inserted into the thickest part of the meatloaf registers 170 ° F, (about 50 minutes but the time can vary widely. Always go by temperature and not time). Let stand 5 minutes before slicing.

*\*For Keto or Dairy-Free – Leave out the bread and milk. The results will be delicious and moist! Use sugar-free ketchup.*

*\*\* For a Vegetarian option – Leave out the turkey and double up on the mushrooms and breadcrumbs.*

*For more free mushroom recipes, visit: [www.2AngelsMushrooms.com](http://www.2AngelsMushrooms.com)*