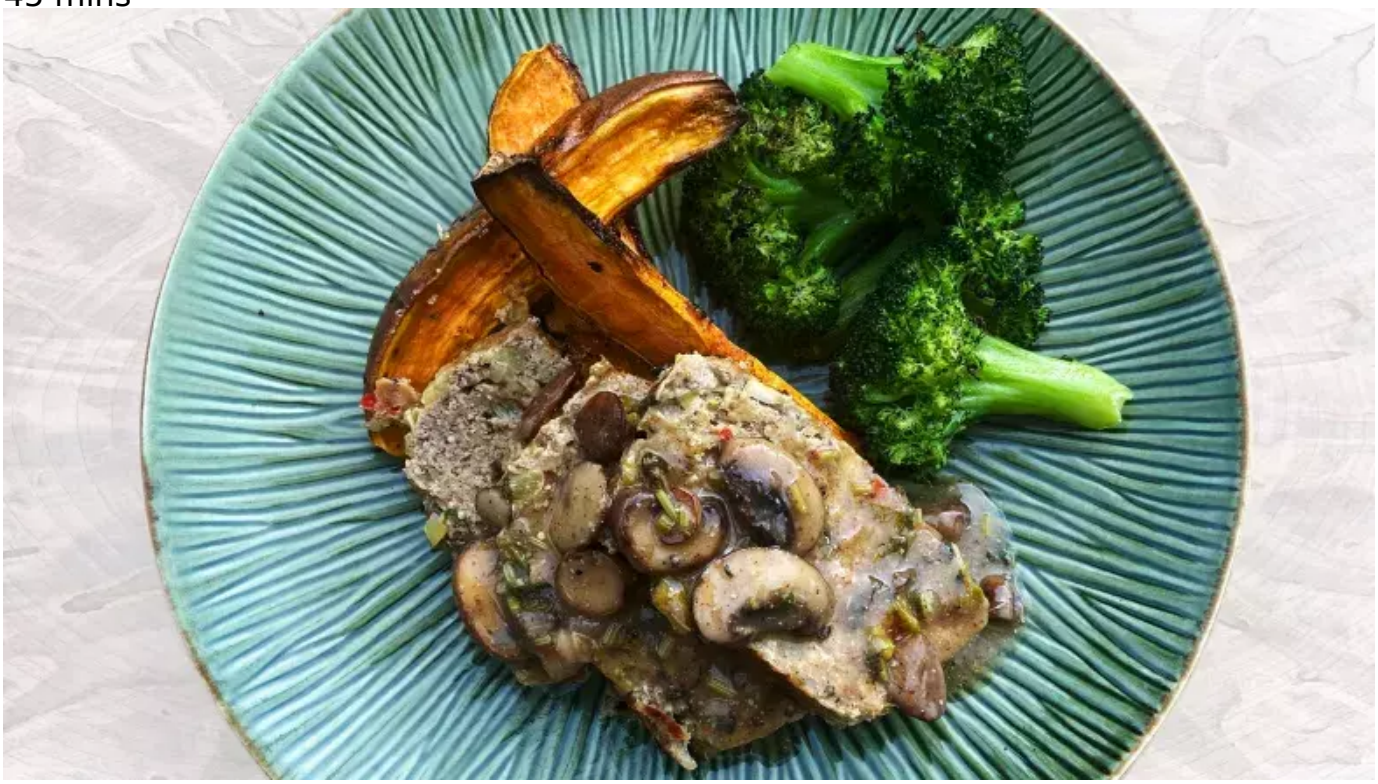
Chef Morris' hearty & healthy meatloaf

While beef is the standard choice for this family dining classic, ground turkey works perfectly well for a lighter substitute. Be sure to complete the experience with a French red; Merlot or Cabernet Sauvignon always stand up to the hearty flavour of the meat loaf.

Prep
20 mins
Cook
45 mins



Ingredients

- 1 pound extra lean ground beef or ground turkey
- 1 zucchini, diced small
- 1 ½ cups baby spinach

- 1 ½ cups baby arugula
- ½ pint mini Bella mushrooms, sliced
- ½ white onion, diced small
- 6 cloves garlic, minced
- 1 tbsp. your favourite barbeque sauce
- 2 whole eggs
- ¾ cup steel cut oats
- 1 tbsp. coconut oil
- 1 tbsp. olive oil
- Sea salt and freshly cracked black pepper to taste

Organic herbs

- Parsley
- Lemon balm
- Rosemary
- Savory
- Oregano
- Marjoram
- Sage
- Thyme

Instructions

Step 1
Preheat oven to 350 F. Oil loaf pan with coconut oil.

Step 2
Heat olive oil in a skillet over medium-high heat; cook and stir zucchini, mushrooms and onion in the hot oil until onion is transparent, around 5 minutes.

Step 3
Add arugula, spinach and garlic and cook for 2 additional minutes. Remove from heat and allow to cool.

Step 4
Combine ground beef (or turkey), steel cut oats, eggs, barbecue sauce, salt, pepper and cooked vegetable mixture in a large bowl; mix well using your hands.

Step 5
Press meat mixture into the prepared loaf pan.

Step 6
Bake in the preheated oven until 160 F in the center, approximately 35 to 40 minutes.