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## Quinoa Turkey Meatloaf Recipe

**Turkey meatloaf is already healthier than using ground beef. But turkey meatloaf is incredibly healthy when it's mixed with Quinoa which adds even more protein. Quinoa makes all the protein more easily processed by the body.**

Quinoa Turkey Meatloaf Tastes As Good As It Looks!



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### Quinoa Turkey Meat Loaf

**This meat loaf recipe is nothing fancy. It's just delicious. I will give you the ingredients for three different sizes.**

1 lb.

2 lbs.

3 lbs.

**We usually make the 3 lb. size because people tend to eat a lot.**

Preheat the oven to 350°F.

Ground Turkey (I prefer Shadybrook Farms)	1 lb.	2 lbs.	3 lbs.
Eggs (Large)	1	2	3
Hot sauce. I use a mild hot sauce. My favorite is a brand called Sharkey's (scroll down for picture) but it can be a little hard to find. If you are using regular hot sauce you might want to cut his back by at least half. This is especially true if you are serving the meat loaf to children. You can always add more to taste later.	1 tbsp.	2 tbsp.	3 tbsp.
Worcestershire Sauce (I use Lea and Perrins)	1 tbsp.	2 tbsp.	3 tbsp.
Adobe Seasoning (Scroll down for picture)	1 tsp.	2 tsp.	3 tsp.
Vidalia Onion - Diced	4 ozs.	8 ozs.	12 ozs.
Olive Oil	1 tbsp.	2 tbsp.	3 tbsp.
Quinoa (I use Ancient Harvest)	1/3 C	2/3 C	1 C
Water (I always use bottles spring water)	2/3 C	1 1/3 C	2 C

1. Put the Quinoa and Water in a saucepan. Bring to boil and cook for about ten minutes. See the picture on the right to find out how you can tell when quinoa is cooked.

2. Put the ground turkey and all other ingredients except the quinoa into a large bowl.

3. Mix thoroughly.

4. Place the Quinoa in the bowl and mix it in. You gotta say it. **DON'T BURN YOURSELF.** Be sure the Quinoa has cooled off.

5. Place mixture in appropriate size baking dish. Sprinkle some parsley flakes over the top to add some color.

6. It's difficult to say precisely how long to bake your meatloaf since it depends on the dish you're using, your ovens characteristics, etc. I bake the 3 lb. meatloaf, covered, for 1½ hours and then check to see if it's done. If it's a shallow baking dish you might want to start to check it after about an hour. You want it to be done but don't overcook it. You want it to be moist.

7. Remove from oven and let stand for about twenty minutes.



You know it's cooked when the spiral tail appears. It's that little tail that stays crunchy giving quinoa turkey meatloaf a unique and fantastic texture.

Please email me at  
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Let me know how you made out!

**One variation you can try is to mix in some chopped spinach or other "healthy vegetable". Your kids never see it coming and they gobble it right along with**

the meatloaf. Sneaky, huh?



You'll probably find Adobo in the ethnic foods aisle of your supermarket. Adobo has many products. They're all great, but use the one shown above for guaranteed results with the turkey and quinoa meatloaf recipe.