



“WE DIDN’T MEAN TO MAKE IT MEATLOAF” BBQ TURKEY MEATLOAF

SERVING: 6 / PREP TIME: 25 MINS / TOTAL TIME: 1HR 30MINS

INGREDIENTS

1 lb Lean ground turkey Meat or Vegan (Impossible Meat)
4 Tablespoons Minced Garlic
1 oz Worcestershire sauce
3 Tablespoons Flax Seeds or Flax Seed Powder
2 Tablespoons Thyme
1 Tablespoons Garlic Powder
1 Tablespoon Onion Powder
2 tablespoons Butter (Vegan Butter)
2.5 oz Minced Red Onions
1 oz Sweet Baby Ray’s BBQ Sauce
4oz Tomato Paste
4 cups Spinach
1/2 Vegetable Bouillon Cube (Mix w/ 1/2 cup water to dissolve)
1 cup Italian Bread Crumbs or (Vegan Bread Crumbs)
8 Medium red potatoes (Cut into quarters)
3 Eggs (Vegan use egg product substitute or none)
1 1/2 cups Oatmilk
Salt &b Pepper to Taste

DIRECTIONS

Preheat Oven to 350 degrees.

Sauce: Put about 1.5 tbs olive oil into a medium saute pan on medium high heat. Once oil becomes hot add the minced onions and garlic. Adjust your pans temperature to lower if the garlic is starting to turn brown. (Don’t burn the garlic. Garlic should be a dark blonde, we are releasing the Allicin that garlic produces.

Add Thyme, salt, pepper, Stir.

Add the Bouillon Cube mixture, let reduce down by half. Add 2 oz Tomato Paste, Sweet Baby Ray’s BBQ sauce and Worcestershire.

Mix together until sauce thickens

Add Flax seeds or powder (you can crush flax seeds by hand or in a robocoupe, then add to sauce mixture, stir and let simmer on low until ready to use.



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DIRECTIONS

Meatloaf: Mix, eggs (egg substitute), breadcrumbs, garlic and onion powder, sauce mixture made previously (leaving 1/3 out for later usage), salt and pepper as needed. Mix together until even.

Add 1 lb lean Turkey meat or (Impossible Meat), mix with hand until evenly distributed.

Pour out meat mixture on a deep baking pan, fold and form a mound, making sure there are no cracks in the meatloaf mix. A bread loaf shape is desired.

(I add a saute pan or baking pan full of water on the bottom rack underneath the meatloaf, this helps prevent cracking during cooking process).

Put your meatloaf in the oven for about 30 mins, checking moisture to make sure it's not drying out. Turn oven up to 400 degrees for another 15 mins. Gauge your timing if your meatloaf is starting to dry out. Don't increase the temperature of the oven if so.

Once meatloaf is done use the rest of the sauce mixture to spread on top.

Potatoes: Fill large pot with water leaving about 1/3 room for potatoes. Once water comes to a slight boil. Add quartered potatoes, let boil until potatoes fall apart with the touch of a spoon.

Drain potatoes in a strainer.

Immediately add potatoes back to the hot pot.

Add Oatmilk, butter (use a potato smasher or big fork) to whip and smash until mixed together to form a thick starchy texture.

Add salt and pepper to taste as needed.

Spinach: Put 1 tablespoon olive oil into a sauce pan, let oil heat up on medium high heat. Don't let the oil burn or get too hot or the spinach will burn and cook fast.

Put spinach into pan stirring quickly to not burn.

Adjust heat as needed.

Once wilted add salt and pepper to taste.

Plate your dish as desired.

***Oh snap we made a moist meatloaf. Not too dry, just perfect. Loaded with layers of flavor. Give your self a pat on the back. And toot your own horn!**

