


Wild Rice Meatloaf

Ingredients

- 1 lb. ground beef, 90% fat or 90% ground chicken or turkey
 - 1/4 lb. ground pork
 - 1/2 medium yellow onion, minced
 - 1 cup mushrooms, minced
 - 1 cup cooked wild rice*
 - 1 tablespoon minced garlic
 - 1 tablespoon dried cumin or caraway seeds
 - 1/2 tablespoon dried thyme
 - 1/2 tablespoon dried rosemary
 - 1 teaspoon ground oregano or (1 teaspoon dried)
 - 1/8 teaspoon salt
 - 1/4 teaspoon ground pepper
 - 1 teaspoon garlic powder
 - 1/8 teaspoon ground nutmeg
 - 1/4 cup whole wheat panko breadcrumbs
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- 2 large eggs, whisked
 - 2 tablespoons tomato paste
 - 1 tablespoon maple syrup
 - 1/2 cup ketchup, divided
 - 3 teaspoons Worcestershire
 - 1 teaspoon dijon mustard
 - 2 tablespoons 2% milk or milk alternative (oatmilk)



COOKING FOR WELLNESS

Instructions

1. Preheat the oven to 350°F and spray a standard loaf pan with nonstick cooking spray. Set aside.
2. Next, place all ingredients (minus 1/4 cup of ketchup, you will use this later!) for the meatloaf into a large bowl and mix until combined. Sometimes it's easiest to use your hands to mix.
3. Then, transfer the meatloaf mixture into the loaf pan and pat the meatloaf down into an even layer.
4. Bake meatloaf at 350°F for 40 minutes.
5. Remove from the oven and spread the remaining 1/4 cup of ketchup evenly over the top of the meatloaf. Bake for an additional 10 minutes.
6. After 10 minutes, the ketchup should be caramelized. Remove meatloaf from the oven and let it sit for at least 10 minutes before serving (or else the meatloaf may not hold together).

Nutrition Facts:

1/8 of recipe

242 calories, 12 g fat, 15 g carbohydrate 2 g fiber 19 g protein 280 mg sodium

Recipe from Fit Foodie Finds:

<https://fitfoodiefinds.com/wild-rice-meatloaf/>



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