



SPICY ITALIAN MEATLOAF WITH MASHED SWEET POTATO

INGREDIENTS

- 2 Tablespoons Extra Virgin Olive Oil
- 1 Red Bell Pepper
- 1 Large Carrot
- 1 Large Celery Stalk
- 1 Small Onion
- 1 Lb Ground Lean Turkey
- 1 Lb Spicy Italian Chicken Sausage
- 1 Lb Original Chicken Sausage
- 3/4 Cup Raw Oat finely ground
- 1 Egg
- Salt & Pepper to Taste
- 2 Sweet Potatoes
- 1/2 Cup Unsweetened Coconut Milk (or other nut milk)

PREP TIME

- Prep | 20 m
- Bake | 25 m
- Ready in | 55 m
- Great Meal Prep option

PROCEDURE

- 01** Finely chop bell pepper, carrot, celery, and onion in a food processor and lightly saute in 1 Tbls. Olive Oil. Cook for about 10 minutes or until colors become vibrant then remove from heat and let cool.
- 02** Combine finely ground oats, egg, ground turkey, two chicken sausages, and salt and pepper into a large bowl and mix thoroughly.
- 03** Shape the meatloaf into four small loaves or into a single serving muffin pan for meal prep (*see photo*).
- 04** Bake for 25 minutes in a 425-degree oven.
- 05** Remove skin for sweet potatoes and cut them into tiny squares. Toss cut potatoes with salt, pepper, and 1 Tbl Olive Oil. Spread into baking sheet and broil on high for 15 minutes or until you can put a fork through easily.

NUTRITION INFORMATION

Serves 12 4oz. servings

Calories | 164 per serving

Protein 22g

Carbohydrates 5g

Fat 6 g (Saturated fat 1.2 g)

GREAT FOR MEAL PREP!

Two great meal prep options:

- Spoon meatloaf mixture into individual muffin pan for 2 oz servings. Add two beefcakes to a dark leafy green salad as a lean source of protein to a healthy serving of vegetables. Add a bit of Olive and Viniger dressing for a healthy lunch.
- Divide the meatloaf mixture into quarters and shape it into smaller loaves. After baking and cooling, wrap each loaf in foil and freeze for future dinners. Each loaf is perfect for a dinner for two and heats up really nice. You can serve with roasted vegetables, sweet potato mash, or dark leafy green salad and a splash of olive oil & vinegar dressing.

One of my favorite quick go-to dinners on busy nights.

06 Remove roasted sweet potatoes and mash with coconut milk. Add salt and pepper to taste.

07 Prepare single-serving beefcake with a scoop of sweet potato mash on top then freeze or store in an airtight container. If you made four small meatloaves, you may wrap them in foil and freeze them for future dinners. In this case, you would serve the sweet potato mash as a side dish.

NOTE:

Don't forget to add vegetables or a dark leafy green salad to your meal. Adding more vegetables to your plate for health-benefiting vitamins, minerals, and anti-oxidants.

These valuable mico-nutrients are a very important part of optimal health and wellness at every age and every stage of life.



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