

Easy Turkey Meatloaf

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Christopher Testani for The New York Times. Food Stylist: Simon Andrews.

Total Time 1 hour 30 minutes

Prep Time 10 minutes

Cook Time 1 hour 20 minutes

Rating ★ ★ ★ ★ ★ (1,979)

There's really no reason not to celebrate meatloaf — it's simple, budget-friendly, cleanup is a breeze and there are almost always leftovers for next-day sandwiches. While beef is often the go-to choice for the meat, turkey is a flavorful alternative that can take on a slew of mix-ins. Here, seasoned bread crumbs, garlic powder and Worcestershire do the work, but a teaspoon of Italian seasoning or a palmful of fresh, chopped thyme or sage can be added for an extra boost. Grated apple ensures the meatloaf isn't dry; use any variety you have on hand. A sweet, slightly vinegary sauce is spooned over the meatloaf after it's formed, caramelizing when baked (if you have a favorite bottled or from-scratch barbecue sauce feel free to use $\frac{2}{3}$ cup of it instead). Serve this meatloaf with mashed potatoes and a green vegetable.

INGREDIENTS

Yield: 4 to 6 servings

FOR THE MEATLOAF

Nonstick cooking spray

1 large egg

1½ pounds ground turkey (90 percent lean)

1 medium apple, cored and grated

PREPARATION

Step 1

Heat oven to 350 degrees. Line a sheet pan with parchment paper and coat with cooking spray.

Step 2

Prepare the meatloaf: In a large bowl, beat the egg. Add ground turkey, apple, onion, panko, Worcestershire, garlic powder, salt, pepper and Italian seasoning, if using. Using hands, combine until

(6 ounces)

1 small yellow onion, finely
chopped (1 cup)

$\frac{3}{4}$ cup seasoned panko bread
crumbs

2 teaspoons Worcestershire sauce

1 teaspoon garlic powder

1 $\frac{1}{4}$ teaspoons kosher salt (such as
Diamond Crystal)

$\frac{1}{2}$ teaspoon black pepper

1 teaspoon Italian seasoning
(optional)

FOR THE SAUCE

$\frac{1}{2}$ cup ketchup

1 tablespoon packed brown sugar

1 teaspoon vinegar (cider, distilled,
or white or red wine)

1 teaspoon Worcestershire sauce

$\frac{1}{4}$ teaspoon black pepper

everything is well mixed. Transfer to the prepared sheet pan and
form into a football-shaped loaf, about 9-by-5 inches.

Step 3

Make the sauce: In a small bowl, mix ketchup, brown sugar,
vinegar, Worcestershire and pepper until well combined. Pour
evenly over the top of the meatloaf, allowing the sauce to drip
down the sides.

Step 4

Bake meatloaf until the temperature in the center registers 160
degrees on an instant-read thermometer, 45 to 55 minutes. Let
rest for 10 minutes before slicing.

Private Notes

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