

Meatloaf with Brown Rice and Veggies



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- 1 1/2 cups cooked brown rice
- 1 1/2 pounds ground turkey
- 10 baby carrots, shredded
- 1/3 cup chopped sweet onion
- 2 green onions, sliced
- 1 rib celery, diced
- 2 eggs, lightly beaten
- 1 teaspoon dried cilantro
- 3/4 teaspoon garlic powder
- 1/8 teaspoon ground cayenne pepper
- 1/8 teaspoon chili powder
- 1 1/4 cups shredded cheddar cheese
- 1/2 cup tomato sauce

In a large bowl, combine all ingredients. Use hands to thoroughly mix; being sure to evenly distribute ingredients. Arrange meatloaf in 1 or 2 loaves in the bottom of a greased medium-roasting pan. Cover and bake at 375 degrees for 80 minutes or until juices run clear.

Serves 6 to 8