



TEST YOUR SKILLS

Try cooking this recipe to see if you could be a chef at Walt Disney World Resort's Be Our Guest restaurant too!

TURKEY MEATLOAF

• Serves: 6-8

Ingredients:

Carrot Ketchup

- 1 cup freshly made carrot juice, carrot pulp reserved
- 1/4 cup apple cider vinegar
- 1/4 cup honey
- 1 teaspoon coarse salt
- 1/2 teaspoon granulated onion
- 1/4 teaspoon granulated garlic
- 1 teaspoon xanthan gum*, divided

Turkey Meatloaf

- 3 eggs, lightly beaten
- 1/2 cup ketchup
- 1/4 cup bulgur wheat**
- 2 tablespoons Worcestershire sauce
- 2 pounds ground turkey
- 3/4 cup (tightly packed) carrot pulp***
- 1/4 cup finely diced red bell pepper
- 1/4 cup finely diced yellow onion
- 2 teaspoons garlic powder
- 1 teaspoon onion powder
- 1 teaspoon coarse salt
- 1/2 teaspoon freshly ground black pepper

Directions

For carrot ketchup:

- Combine carrot juice, vinegar, honey, salt, granulated onion, and granulated garlic in a small saucepan over medium-high heat. Bring to a simmer, then set aside to cool.
- Sprinkle 1/2 teaspoon xanthan gum over top; blend with an immersion blender until completely smooth. If desired, add xanthan gum, 1/4 teaspoon at a time, and blending completely after each addition, until desired texture is reached.

For turkey meatloaf:

- Preheat oven to 400°F. Lightly oil 1 sheet pan if making 1 whole loaf, or 2 sheet pans if making individual meatloaves.
- Combine eggs, ketchup, bulgur, and Worcestershire in a medium bowl. Set aside 30 minutes.
- Place ground turkey in the bowl of an electric mixer fitted with the paddle attachment. Mix on low speed to break up turkey.
- Add carrot pulp, bell pepper, onion, garlic powder, onion powder, salt, and pepper. Mix on low speed until well combined, about 2 minutes.
- Add egg mixture. Mix on low speed until well combined, about 2 minutes.
- To make individual meatloaves, divide mixture into 6 or 8 portions and form each into a Mickey Mouse shape on prepared sheet pans. To make 1 whole loaf, form mixture into an oval shape on prepared sheet pan.
- Bake individual loaves 20 to 25 minutes, or until internal temperature reaches 165°F. Bake whole loaf 45 to 55 minutes, or until internal temperature reaches 165°F.

