

# TURKEY MEATLOAF


Makes 8 servings, 1/8 meatloaf each


<b>2 lbs.</b>	raw 93% lean ground turkey
<b>1 cup</b>	all-natural mild salsa
<b>1 cup</b>	cooked quinoa, cooled
<b>2</b>	large eggs, lightly beaten
<b>3 cloves</b>	garlic, finely chopped
<b>1 tsp.</b>	sea salt or Himalayan salt (Mineralize)
	Ground black pepper (to taste; optional)
	Fresh chopped parsley (for garnish; optional)


1. Preheat oven to 375° F (190° C).
2. Combine turkey, salsa, quinoa, eggs, garlic, salt, and pepper in a large bowl; mix well by hand or with a rubber spatula.
3. Shape mixture into shape of a loaf and place on ungreased 13 x 9-inch baking pan.
4. Bake for 60 to 70 minutes, or until center is no longer pink and meat is cooked through.
5. Let stand 10 minutes before serving.
6. Serve garnished with parsley.

## CONTAINER EQUIVALENTS

### PER SERVING

 1/2

 1

 1/2






**Tip:** Cut cooked meatloaf into single servings and freeze in single resealable plastic bags for future meals.

# TURKEY CHILI

Makes 6 servings, 1 cup each

<b>1 tsp.</b>	olive oil
<b>1½ lbs.</b>	raw 93% lean ground turkey
<b>1</b>	medium onion, chopped
<b>1</b>	medium green bell pepper, chopped
<b>3 cloves</b>	garlic, finely chopped
<b>1½ tsp.</b>	ground cumin
<b>1 Tbsp.</b>	chili powder
<b>½ tsp.</b>	sea salt or Himalayan salt (Mineralize)
<b>¼ tsp.</b>	cayenne pepper (to taste; optional)
<b>2 (15-oz) cans</b>	black beans (or pinto beans), drained, rinsed
<b>1 (15-oz) can</b>	all-natural diced tomatoes, no sugar added
<b>12</b>	fresh cilantro sprigs, finely chopped (for garnish; optional)

CONTAINER EQUIVALENTS	
PER SERVING	
	½
	1
	½

1. Heat oil in large saucepan over medium-high heat.
2. Add turkey, onion, bell pepper, and garlic; cook, stirring occasionally, for 5 to 8 minutes, or until turkey is no longer pink.
3. Add cumin, chili powder, salt, and cayenne pepper; cook, stirring constantly, for 1 minute.
4. Add beans and tomatoes (with liquid). Bring to a boil. Reduce heat to low; gently boil, stirring occasionally, for 15 to 20 minutes, or until thickened.
5. Serve warm, sprinkled with cilantro.

**Tip:** Store in individual containers and freeze for future meals.

**Variations:** Substitute ground turkey with diced chicken or turkey breast. Add garbanzo beans and organic corn for additional texture and flavor.





# POACHED EGGS OVER ASPARAGUS

Makes 1 serving

- 2 cups** hot water
- 1 tsp.** fresh lemon juice
- 2** large eggs
- 10** large asparagus spears, steamed
- Ground black pepper (to taste; optional)
- Finely grated lemon peel (to taste; optional)

## CONTAINER EQUIVALENTS

### PER SERVING



1



1

1. Place water in medium saucepan. Bring to a boil over medium-high heat. Add lemon juice; reduce heat to maintain a gentle boil.
2. Break eggs into a small bowl. Hold bowl close to the water's surface and slip each egg separately into the water; cook for about 5 minutes or until whites are completely set and yolks begin to thicken. Gently lift eggs out of water.
3. Serve poached eggs over asparagus.
4. Garnish with pepper and lemon peel if desired.



# TURKEY MEATBALLS

Makes 6 servings, 5 meatballs each

## CONTAINER EQUIVALENTS

PER SERVING



1



1/2

**1½ lbs.**

**1 tsp.**

**1 tsp.**

**1 tsp.**

**1**

**¾ cup**

**2 cloves**

**12**

**2 Tbsp.**

Nonstick cooking spray  
raw 93% lean ground turkey breast  
sea salt or Himalayan salt (Mineralize)  
dry mustard  
smoked paprika  
large egg, lightly beaten  
quick-cooking rolled oats  
garlic, finely chopped  
fresh parsley sprigs, finely chopped  
tomato sauce, no sugar added

1. Preheat oven to 400° F (204° C).
2. Lightly coat large baking sheet with spray; set aside.
3. Combine turkey, salt, mustard, paprika, egg, oats, garlic, parsley, and tomato sauce in a large bowl; mix well by hand.
4. Roll mixture into 30 1-inch meatballs. Place on prepared baking sheet.
5. Bake for 15 to 20 minutes, or until no longer pink in the middle.

**Tip:** Meatballs freeze very well.

Place 5 cooked meatballs in a resealable bag and freeze for future meals. You can defrost them in the refrigerator and heat them in a toaster oven.



## HEARTY BEEF AND BUTTERNUT SQUASH STEW

Makes 6 servings, approximately 1¼ cups each

### CONTAINER EQUIVALENTS

#### PER SERVING



1



1

<b>1 tsp.</b>	olive oil
<b>1½ lbs.</b>	raw lean beef stew meat, boneless, cut into 2-inch cubes
<b>1</b>	medium onion, chopped
<b>½</b>	green bell pepper, chopped
<b>½</b>	red bell pepper, chopped
<b>4 cloves</b>	garlic, crushed
<b>2</b>	medium tomatoes, chopped
<b>1 cup</b>	low-sodium organic beef broth
<b>1</b>	bay leaf
<b>1 tsp.</b>	sea salt or Himalayan salt (Mineralize)
<b>1 tsp.</b>	ground black pepper
<b>2 cups</b>	cubed butternut squash
<b>¼ cup</b>	chopped fresh flat leaf parsley

1. Heat oil in a large saucepan over medium-high heat.
2. Add beef; cook, stirring frequently, for 4 to 5 minutes, or until beef is brown.
3. Add onion and bell peppers; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
4. Add garlic; cook, stirring frequently, for 1 minute.
5. Add tomatoes, broth, bay leaf, salt, and pepper. Bring to a boil. Reduce heat to medium-low; cook, covered, for 40 minutes.
6. Add squash; cook, stirring occasionally, for 8 to 12 minutes, or until sauce has thickened and beef is fork-tender.
7. Remove bay leaf; serve topped with parsley.

**Tip:** You can store individual portions of cooked beef stew in refrigerator for up to four days, or freeze for up to three months.

