



Slow-Cooked Turkey Meatloaf with Cilantro

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

PORTIONS: 8

PREPARATION: 40 MINUTES

COOKING: 3 or 6 HRS

Cooking at high temperature: (traditional)

3 hours

Slow cooker at low temperature:

(hypotoxic): 6 hours

INGREDIENTS

Meat mix:

- 680 g (1 1/2 cups) ground turkey
- 1 red onion, finely chopped
- 1 medium sweet potato, peeled and grated (about 200 g)
- 227 g (8 oz) brown mushrooms, finely chopped
- 1/2 red pepper, finely chopped
- 15 g (1/2 cup) cilantro, chopped
- 5 ml (1 tsp) fresh ginger, grated
- 45 g (1/2 cup) quinoa flakes
- 2 eggs, beaten
- 3.5 ml (3/4 tsp) salt
- Pepper, to taste

Bechamel sauce:

- 45 ml (3tbsp) margarine
- 1/2 red pepper, finely chopped
- 2 green onions, chopped
- 5 ml (1 tsp) fresh ginger, grated
- 45 ml (3 tbsp) all-purpose flour "[*La Merveilleuse*](#)"
- 500 ml (2 cups) plant-based milk substitute
- 45 ml (3 tbsp) fresh cilantro, chopped
- 2.5 ml (1/2 tsp) salt
- Pepper, to taste
- 30 ml (2 tbsp) cornstarch (or tapioca) diluted in the same amount of water

PREPARATION

Meat mix:

1. In a bowl, combine all meat ingredients. Place the mixture in the slow cooker container, giving it the shape of a loaf of bread.



The aroma of cilantro adds a special and delicious touch to this one-of-a-kind meatloaf!

Bechamel sauce:

1. In a medium saucepan, melt the margarine and sauté the pepper, green onions and ginger for 5 minutes over medium-low heat.
2. Remove from heat and add flour, stirring with a wooden spoon.
3. Then add the plant-based milk substitute, stirring with a whisk to avoid lumps. Add cilantro, salt and pepper and return to heat.
4. Whisk the mixture to a boil over medium heat and cook until the sauce thickens. Then add the cornstarch mixture, stirring constantly; the sauce will thicken again.
5. Pour the sauce over the meat, cover and cook in the slow cooker according to the cooking method chosen and mentioned above.
6. When the meatloaf is ready, let it rest for 15 minutes before serving.