

## **TURKEY/VEGETABLE LOAF**

by Henry Ford at [www.henry.successisyou.org](http://www.henry.successisyou.org)

### **INGREDIENTS:**

1 lb. Ground Turkey  
1 Package Lipton Onion Dried Soup Mix  
2 Small to Medium Bell Peppers (any color)  
1 Cup Diced Onion  
2 Eggs  
6 Tablespoons of Uncooked Regular or Rolled Oatmeal  
Black Pepper\*  
Garlic Granules\*

### **NOTES:**

- I didn't measure – Just think of your taste preferences and experiment
- I have used shredded carrots and diced celery. Kind of depends on what you might have on hand. I just love COLOR in my food
- The salt in the Soup Mix is plenty for my personal taste (and health)

### **PREPARATION:**

- Gently Mix all ingredients together
- Try to have mixture near room temperature before baking
- Form mixture by hand and pat together
- I try to keep the loaf thickness (height) to no more than 2 inches to insure that it cooks thoroughly
- Form Loaf with top center depressed slightly to encourage juices to be retained within the loaf as it cooks
- I like to use Corning Ware (or similar cookware) and cover to capture all the juices/moisture possible
- Bake for about one hour in a pre-heated oven at 350 Degrees

### **COMMENTS:**

I wouldn't dare suggest how many this serves, because I don't want anyone to come up short and I get blamed.