



GROUND TURKEY OR GROUND CHICKEN MEATLOAF

INGREDIENTS

- 1 lb Ground Turkey or Ground Chicken
- 1 Onion, chopped
- 1 small Egg
- 1/3- 1/2 Italian seasoned bread crumbs
- cup

DIRECTIONS

1. Mix all ingredients by hand and form a loaf.
2. Place loaf in 9 x 13 dish
3. May top with one of the following: 1 can cream of mushroom soup and 1 can milk OR 1 can tomato soup and 1 can milk OR 1/2 - 1" water
4. Bake at 350 degrees for 1 1/2 hours or until temperature reaches 165-170 degrees.

