

Turkey Meatloaf Burger

1 pound organic ground Turkey
1 organic egg
1 cup Gluten Free quick cooking oats (available [here](#))
½ cup Amy's Mild or medium Salsa (available [here](#))
2 Tablespoons fresh basil (available [here](#)) or 1
teaspoon dried basil (available [here](#))
1 Tablespoon fresh oregano (available [here](#)) or ½ teaspoon dried oregano
(available [here](#))
¼ cup organic goat or cow milk or nut milk (This is the nut milk maker we own
(used) [make your own](#)) ([new model](#)) or for moister burger or loaf ½ cup milk
½ cup organic Parmesan cheese (optional) (available [here](#))
¼ - ½ teaspoon salt



Place all ingredients in a large bowl and mix together thoroughly. I use my hands to work everything into the ground meat.

Place in a conventional 4x4x8 loaf pan and bake for 1 – 1 ½ hours at 350°.

or

Our favorite way is to make it into patties and freeze with 2 pieces of parchment paper in between each patty. We then take out what we need and cook on the grill or a griddle pan 8 minutes on each side.