

## Quick & Healthy Microwave Meatloaf Meal

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2 lbs ground turkey  
1/3 cup ketchup  
1 pkg onion soup mix  
3/4(?) cup bread crumbs  
2 eggs  
Top only holds about a 3/4 the mixture so I use the rest to make a small meatloaf in the small vent n serve.



Your Tupperware Connection

### Garlic Potatos

On the potatos we just cut into bite size chunks, cut up about 1 stick of butter and about a tbsp of garlic powder to sprinkle over the top.

### Vegetables

1 bag of frozen Vegetables in the in bottom casserole. Stack it all and microwave 25 mins.

*Cooking in your microwave saves you \$2 per hour in energy conservation!*

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