

DINNER

Turk-Eye Meatloaves with Bloody Sauce

15 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
40 min	15 min	25 min	4	\$3.77	555 kcal



Turk-Eye Meatloaves with Bloody Sauce is a main course that serves 4. For \$3.77 per serving, this recipe covers 29% of your daily requirements of vitamins and minerals. One portion of this dish contains about 30g of protein, 29g of fat, and a total of 555 calories.

Ingredients

- ☐ 1 bay leaf
- ☐ ½ pound chicken sausage, removed from casings (about 2 links)
- ☐ 1 teaspoon dried thyme
- ☐ 1 clove garlic, minced
- ☐ 2 teaspoons ground cumin
- ☐ ½ pound ground turkey
- ☐ ¾ cup bread crumbs
- ☐ 1 date, minced
- ☐ 1 egg
- ☐ 2 cloves garlic, chopped
- ☐ 2 teaspoons ground sumac
- ☐ 1 bunch black or green kale, trimmed and sliced

☐ 4 servings Kosher salt and freshly ground black pepper

☐ 2 teaspoons olive oil

☐ 1 cup fresh pomegranate seeds

☐ 1 shallot, minced

☐ ½ cup water

☐ 1 small zucchini, grated

☐ 1 black olive, for garnish

☐ 4 servings Olive oil, for baking

☐ 1 cup red wine

☐ 6 ounce tomato paste
canned

☐ 1 small white onion, peeled, for garnish

EQUIPMENT Bowl, Frying pan, Baking sheet, Sauce pan, Oven, Kitchen thermometer, Aluminum foil

Method

- 1 Preheat the oven to 375 degrees F.
- 2 In a large bowl, combine the ground turkey, chicken sausage, zucchini, pomegranate seeds, bread crumbs, shallots, egg, garlic, cumin, and sumac. Season the mixture with plenty of salt, and pepper.
- 3 Combine lightly, do not over mix.
- 4 Line a small baking sheet with foil and drizzle with oil. Split turkey mixture into four equal portions. Take each portion and shape into an eye shape that's long, flat and about 1-inch high.
- 5 Place on the prepared sheet pan.
- 6 Cut the onion in half and pick out 2 "leaves" from the center of each half.
- 7 Place one "leaf" in the center of each turkey "eye" so it looks like the white of an eye. Then slice the olive in half and place each in the center of each turkey eye.
- 8 Bake the meatloaves in the oven, about 20 to 25 minutes, or until a thermometer inserted in the middle of the loaves reads 160 degrees F.
- 9 Remove and set aside. Cover with foil and keep warm.
- 10 While the turkey is baking, make the tomato sauce.
- 11 To make the tomato sauce: Stir the tomato paste, wine, water, bay leaf, and thyme together in a small saucepan. Bring the mixture to a boil, then lower to a simmer and cook for 20 minutes, seasoning with salt, and pepper along the way.
- 12 Heat the olive oil in a large saute pan over medium-high heat until shimmering.

- 13 Add the garlic and cook 30 seconds.
- 14 Add the kale and cook 1 minute, then add the water and dates. Lower the heat to medium, cover and cook 5 minutes, or until the kale has softened but still has a bite.
- 15 To serve, divide the kale among 4 plates, top each with a turkey meatloaf "eye" and top with tomato sauce around the "white" of the eye.

Nutrition per serving

555
KCAL

30 g
PROTEIN

29 g
FAT

37 g
CARBS

Saturated Fat	4.9 g · 31% of daily needs
Fibre	5.9 g · 24% of daily needs
Sugar	13.2 g · 15% of daily needs
Sodium	873 mg · 38% of daily needs
Cholesterol	112 mg · 37% of daily needs
Vitamin C	47.2 mg · 57% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/turk-eye-meatloaves-with-bloody-sauce-142668