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I agree that the red peppers were amazing for this recipe! I also mixed in a cup of fresh chopped spinach. I had never thought much about making a meatloaf

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Low Carb Turkey Meatloaf Recipe

Related: 50 Best Paleo Meatloaf Recipes. The only problem with meatloaf is that it typically contains some kind of breading which is used as a binder to hold the meatloaf together (so that you don't have meat mush!). As we all know, breading means carbs not good. So with this turkey meatloaf recipe, we skip the breading.

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Spread one cup of tomato sauce on to a baking sheet and let it cool. Continue simmering rest of the tomato sauce on low heat. Once the sauce has cooled down, mix it with half the couscous. Then, add ground turkey and egg.

For seasoning, add salt and pepper to taste and stir all these ingredients well.

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Pizza Meatloaf The Best Low carb Turkey Meatloaf Recipe

Like all my turkey meatloaf recipes, I started with a panade. A panade is simply bread and milk mashed together. This is an essential step if you want a juicy turkey meatloaf. Turkey doesn't have a lot of fat so it tends to dry out in meatloaf recipes having a panade prevents that.

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