

DINNERLY



Grass-Fed Beef BBQ Sloppy Joe with Sweet Potato Wedges & Broccoli



30-40min



2 Servings

Can you smell the nostalgia? Grass-fed ground beef simmers with sweet onions and barbecue sauce to a mouthwatering finish, perfect for spooning into pillowy potato buns. And no Sloppy Joe is complete without sides! We keep it classic with crisp sweet potato wedges and roasted broccoli to deliver your daily dose of greens. We've got you covered!

WHAT WE SEND

- 1 sweet potato
- 1 yellow onion
- ½ lb broccoli
- 10 oz pkg grass-fed ground beef
- 4 oz barbecue sauce
- 2 potato buns ^{1,7,11}

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper

TOOLS

- rimmed baking sheet
- medium nonstick skillet

ALLERGENS

Wheat (1), Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 860kcal, Fat 34g, Carbs 90g, Protein 40g



1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Scrub **sweet potato** and cut lengthwise into ½-inch wedges. Halve and thinly slice **onion**. Cut **broccoli** into 1-inch florets, if necessary.

In a medium bowl, toss **sweet potatoes** with **1 tablespoon oil** and season with **salt** and **pepper**. Spread on one side of a rimmed baking sheet and roast on center oven rack for 10 minutes.



2. Roast veggies

While **potatoes** roast, toss **broccoli** in same bowl with **1 tablespoon oil** and season with **salt** and **pepper**.

Remove potatoes from oven. Flip **potatoes** and add **broccoli** to open side of baking sheet. Return baking sheet to oven and roast until broccoli and potatoes are tender and browned in spots, about 15 minutes more.



3. Brown onions & beef

Meanwhile, heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **onions** and a **pinch of salt** and cook, stirring occasionally, until golden, 5–7 minutes. Add **beef** and cook, breaking up large pieces, until browned, about 5 minutes.



4. Simmer beef

Into the **beef mixture**, add **barbecue sauce** and ½ **cup water**, stirring to combine. Bring to a boil then reduce to a simmer and cook until sauce is thick and glossy, 5–6 minutes.



5. Finish & serve

Halve **buns** and place directly on the oven rack to toast, about 2 minutes.

Spoon **sloppy Joe mixture** into **buns** and serve **sweet potato wedges** and **roasted broccoli** alongside. Enjoy!



6. Rate your plate!

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