



BBQ Meatloaf

with Mashed Sweet Potatoes & Broccoli



30-40min



2 Servings

This meatloaf is comfort on a plate—pure and simple. And thanks to the sweet and tangy barbecue sauce that coats each miniature loaf, it's a real crowd-pleaser. It's served with crisp-tender roasted broccoli, and what else? Creamy mashed potatoes, of course. These ones are made with sweet potatoes, for a new spin on an old favorite.

What we send

- 1 sweet potato
- 1 yellow onion
- ½ lb broccoli
- 10 oz pkg grass-fed ground beef
- 1 oz panko ¹
- ¼ oz BBQ spice blend
- 1½ oz pkt Worcestershire sauce ⁴
- 2 (1 oz) sour cream ⁷

What you need

- kosher salt & ground pepper
- 1 large egg ³
- neutral oil
- ¼ c ketchup
- butter ⁷
- garlic

Tools

- medium saucepan
- rimmed baking sheet
- potato masher or fork

Allergens

Wheat (1), Egg (3), Fish (4), Milk (7).
May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 850kcal, Fat 42g, Carbs 66g, Protein 40g



1. Cook potatoes

Preheat oven to 450°F with a rack in the upper third. Peel **sweet potato**, then cut into 1-inch pieces. Place in a medium saucepan. Add enough **salted water** to cover by 1 inch. Cover; bring to a boil. Reduce heat to medium; cook, uncovered, until tender when pierced with a fork, about 8 minutes. Reserve **¼ cup cooking water**. Drain and return sweet potatoes to saucepan. Cover to keep warm.



4. Bake meatloaves & veggies

On a rimmed baking sheet, toss **broccoli** and **onions** with **1 tablespoon oil**, then season with **salt** and **pepper**.

Shape **meatloaf mixture** into 2 ovals, then transfer to baking sheet with vegetables. Bake on upper oven rack until meatloaves are cooked to 160°F internally and veggies are tender, about 15 minutes.



2. Prep ingredients

Meanwhile, finely chop **2 teaspoons garlic**.

Halve **onion**, then cut into ½-inch thick wedges through the core.

Cut **broccoli** into 1-inch florets, if necessary.



5. Broil meatloaves

In a medium bowl, stir to combine **1 tablespoon Worcestershire sauce**, **¼ cup ketchup**, and **1 teaspoon BBQ spice blend**. Season to taste with **salt** and **pepper**.

Switch oven to broil. Spoon **glaze** over **meatloaves**. Broil on upper oven rack until glaze is browned in spots, 2-3 minutes (watch closely as broilers vary).



3. Make meatloaf mixture

In a medium bowl, knead to combine **ground beef**, **chopped garlic**, **¼ cup panko**, **1 large egg**, **1 teaspoon each of BBQ spice blend and salt**, and **a few grinds of pepper**.



6. Mash potatoes & serve

Return **sweet potatoes** to medium heat; add **all of the sour cream**, **2 tablespoons butter**, and **reserved cooking water**. Using a potato masher or fork, mash well to combine. Season to taste with **salt** and **pepper**. Drizzle **veggies** with **a little oil**; season to taste with **salt** and **pepper**. Serve **meatloaves** and **veggies** alongside **mashed sweet potatoes**. Enjoy!