



## 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 <sup>1</sup>
- ¼ oz BBQ spice blend
- 1½ oz pkt Worcestershire sauce <sup>4</sup>
- 2 (1 oz) sour cream <sup>7</sup>

## What you need

- kosher salt & ground pepper
- 1 large egg <sup>3</sup>
- neutral oil
- ¼ c ketchup
- butter <sup>7</sup>
- 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 49g, Carbs 68g, Protein 39g



### 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!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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