



## BBQ Turkey Meatloaf

with Mashed Sweet Potatoes & Green Beans



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 green beans, and what else? Creamy mashed potatoes, of course. These are made with sweet potatoes for a new spin on an old favorite.



## What we send

- 1 sweet potato
- garlic
- 1 red onion
- ½ lb green beans
- 1 oz panko <sup>4</sup>
- ¼ oz BBQ spice blend
- 1½ oz pkt Worcestershire sauce <sup>2</sup>
- 2 (1 oz) sour cream <sup>3</sup>
- 10 oz pkg ground turkey

## What you need

- kosher salt & ground pepper
- 1 large egg <sup>1</sup>
- neutral oil
- ¼ c ketchup
- butter <sup>3</sup>

## Tools

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

## Allergens

Egg (1), Fish (2), Milk (3), Wheat (4).  
May contain traces of other allergens.  
Packaged in a facility that packages  
gluten containing products.

## Nutrition per serving

Calories 810kcal, Fat 45g, Carbs 69g,  
Protein 36g



### 1. Cook potatoes

Preheat oven to 450°F with a rack in the upper third.

Peel **sweet potato**; cut into 1-inch pieces. Add to a medium saucepan with enough **salted water** to cover by 1 inch. Cover; bring to a boil. Reduce heat to medium; cook uncovered until easily pierced with a fork, about 8 minutes. Reserve **¼ cup cooking water**. Drain and return sweet potatoes to saucepan off heat. Cover to keep warm.



### 4. Bake meatloaves & veggies

On a rimmed baking sheet, toss **green beans** and **onions** with **1 tablespoon oil**; season with **salt** and **pepper**. Shape **meat mixture** into 2 ovals, then transfer to baking sheet with vegetables.

Bake on upper oven rack until meatloaves are cooked to 165°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.

Trim stem ends from **green beans**.



### 5. Broil meatloaves

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

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



### 3. Mix meatloaf

In a medium bowl, knead to combine **ground turkey**, **chopped garlic**, **¼ cup panko**, **1 large egg**, **1 teaspoon each of BBQ spice 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**. Mash with a potato masher or fork. Season to taste with **salt** and **pepper**. Lightly drizzle **veggies** with **oil**; season to taste with **salt** and **pepper**.

Serve **BBQ meatloaf** with **veggies** and **mashed sweet potatoes**. Enjoy!