



Classic Brown Sugar-Glazed Beef Meatloaf

WITH CHEDDAR BROCCOLI AND PEPPERS

Oven-Ready



Prep & Cook Time

40-50 MIN

Cook Within

4 DAYS

You Will Need

Olive Oil, Salt, Pepper
2 Mixing Bowls

Difficulty Level

EASY

Spice Level

NOT SPICY

Ingredients

- ¼ cup Panko Breadcrumbs
- .46 oz. Brown Sugar
- .95 oz. Ketchup Cup
- 1 tsp. Garlic Salt
- 8 oz. Broccoli Florets
- 4 oz. Sliced Red Bell Pepper
- 10 oz. Ground Beef
- 2 oz. Part-Skim Ricotta Cheese
- 2 oz. Shredded Cheddar Cheese

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef	Ground Pork	Impossible Burger	
165°	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/36817

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, sesame, wheat, egg, soy, milk, fish, and shellfish ingredients.

Recipe designed for use with **silver** tray (as pictured); if you receive a different tray, please contact customer support before cooking.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

Before You Cook

All cook times are approximate based on testing.

- Wash hands thoroughly with soap and warm water before cooking and after handling raw meat or seafood
- Remove all produce from any packaging or constraints, then thoroughly rinse and pat dry
- Turn oven on to **400 degrees**. Let preheat, at least 10 minutes
- Ingredient(s) used more than once: **garlic salt**



1. Start the Vegetables

- Break **broccoli** into bite-sized pieces using hands.
- Combine broccoli, **bell peppers**, and 1 tsp. **olive oil** in provided tray.
- Bake uncovered in hot oven, 10 minutes.
- While vegetables bake, continue recipe.



2. Add the Meatloaves

- Combine **ground beef**, a pinch of **salt**, **panko**, **ricotta**, and half the **garlic salt** (reserve remaining for vegetables) in a mixing bowl. Form meat mixture into two equally-sized, oval-shaped loaves, about 3" in length and 2" by height.
- Combine **ketchup**, **brown sugar**, and a pinch of salt in another mixing bowl.
- After 10 minutes, carefully remove tray from oven. Push **vegetables** to one side of tray. Top with remaining garlic salt, a pinch of **pepper**, and **shredded cheese**.
- Place meatloaves in now-empty side of tray and top evenly with ketchup mixture. *Tray will be hot! Use a utensil.*



3. Bake the Meal

- Bake uncovered in hot oven until **vegetables** are tender and **meatloaves** reach a minimum internal temperature of 160 degrees, 25-30 minutes.
- Carefully remove tray from oven. Rest, 3 minutes.
- Bon appétit!