



#### In your box

- 2 Garlic Cloves
- 2 Provolone Slices
- 8 oz. Green Beans
- 1 Red Bell Pepper
- 12 oz. Ground Turkey
- 2 oz. Ricotta
- 1 Tbsp. Meatloaf Seasoning
- ¼ tsp. Red Pepper Flakes
- 8 fl. oz. Marinara Sauce
- ½ oz. Grated Parmesan



## Provolone-Stuffed Turkey Mini Meatloaves

with spicy green beans and peppers

NUTRITION per serving—Calories: 610, Carbohydrates: 27g, Fat: 34g, Protein: 44g, Sodium: 1742mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time  
**30-40 min.**

Cook Within  
**5 days**

Difficulty Level ● ● ● ● ●  
**Intermediate**

Spice Level ● ● ● ● ●  
**Mild**

## 🕒 You will need

Olive Oil, Salt, Pepper, Cooking Spray  
Baking Sheet, Muffin Tin, Mixing Bowl, Medium Non-Stick Pan

## 👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Preheat oven to **450 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil
- Prepare a muffin tin with cooking spray
- Ingredient(s) used more than once: **garlic**



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### Prepare the Ingredients

- Tear **provolone slices** into small pieces and press together into four stacks.
- Trim ends off **green beans**.
- Stem, seed, remove ribs, and slice **red bell pepper** into thin strips.
- Mince **garlic**.



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### Make and Form the Meatloaves

- Thoroughly combine **ground turkey**, **ricotta**, **meatloaf seasoning**, and ¼ tsp. **salt** in a mixing bowl.
- Divide into four equal-sized balls. Press your thumb into center of each ball and place a **provolone cheese stack** into the well.
- Close meat around cheese and re-form into a ball. *Form a tight seal so cheese stays inside meat.*



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### Bake the Meatloaves

- Place **meatloaves** in prepared muffin tin and press meat into tin to form muffin shape. Press around the edges of each cup to seal thoroughly.
- Place muffin tin on prepared baking sheet to catch any drips. Bake in hot oven until golden brown and **turkey** reaches a minimum internal temperature of 165 degrees, 15-18 minutes.
- While meatloaves bake, cook vegetables.



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### Cook the Vegetables

- Place a medium non-stick pan over medium-high heat. Add 1 tsp. **olive oil**, **green beans**, **red bell pepper**, and a pinch of **salt** and **pepper** to hot pan. Stir occasionally, 4-6 minutes.
- Add half the **garlic** (reserve remaining for sauce) and stir occasionally until vegetables are tender, but still slightly crisp, 3-4 minutes.
- Add **red pepper flakes** (to taste) and remove to a plate.
- Reserve pan; no need to wipe clean.



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### Make Sauce and Finish Dish

- Return pan used to cook vegetables to medium-high heat. Add 1 tsp. **olive oil** and remaining **garlic** to hot pan. Cook until aromatic, 30-60 seconds.
- Add **marinara** and stir occasionally until warmed through, 1-2 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, placing **meatloaves** in sauce and garnishing meatloaves and **vegetables** with **Parmesan**. Bon appétit!