



In your box

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

Customize It Options

- 12 oz. Ground Turkey
- 10 oz. Antibiotic-Free Ground Beef



Provolone-Stuffed Turkey Mini Meatloaves

with spicy green beans and peppers

NUTRITION per serving—Calories: 565, Carbohydrates: 27g, Fat: 25g, Protein: 47g, Sodium: 1632mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients
**Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.*

Prep & Cook Time
35-45 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**



1

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**.



2

Make and Form the Meatloaves

- Thoroughly combine **ground turkey, ricotta, meatloaf seasoning**, and a pinch of **salt** in a mixing bowl.
- Divide turkey mixture 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.*
- *If using **ground beef**, follow same instructions.*



3

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.
- *If using **ground beef**, bake in hot oven until beef reaches a minimum internal temperature of 165 degrees, 18-20 minutes.*
- While meatloaves bake, cook vegetables.



4

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 until vegetables are tender, but still slightly crisp, 7-9 minutes.
- Add half the **garlic** (reserve remaining for sauce) and cook until aromatic, 30-60 seconds.
- *If green beans need more time, add 2 Tbsp. water and stir occasionally, 1-3 minutes*
- Add **red pepper flakes** (to taste) and remove to a plate. Keep pan over medium-high heat.



5

Make Sauce and Finish Dish

- 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 topping them with remaining sauce. Garnish meatloaves and **vegetables** with **Parmesan**. Bon appétit!