



In your box

- .3 oz. Butter
- 8 oz. Broccoli Florets
- 12 oz. Ground Turkey
- 1 Tbsp. Meatloaf Seasoning
- 3 oz. BBQ Sauce
- 1 oz. Shredded Cheddar-Jack Cheese
- 2 Russet Potatoes
- 2 oz. Sour Cream



BBQ Cheddar-Stuffed Turkey Mini Meatloaves

with mashed potatoes and broccoli

NUTRITION per serving—Calories: 780, Carbohydrates: 66g, Fat: 39g, Protein: 41g, Sodium: 1659mg.
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 🌶️ 🌶️ 🌶️
Not Spicy

🕒 You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Muffin Tin, Medium Pot, Mixing Bowl,
Colander

👑 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 **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Prepare a muffin tin with cooking spray
- Ingredient(s) used more than once: **BBQ sauce**



1

Make the Meatloaf Mix

- In a mixing bowl, combine **turkey**, half the **BBQ sauce** (reserve remaining for topping meatloaves), and **meatloaf seasoning**. Set aside.



2

Bake the Meatloaves

- Place half the **meatloaf mix** in four prepared muffin tin cups. Using your thumb, make a well in meatloaf mix. Fill each well equally with **cheese**. Top each cup with remaining meatloaf mix, pressing to seal.
- Bake in hot oven until meat reaches a minimum internal temperature of 160 degrees, 18-20 minutes.
- Brush cooked meatloaves with remaining **BBQ sauce**.
- While meatloaves bake, cook potatoes.



3

Make the Mashed Potatoes

- Peel and cut **potatoes** into large chunks.
- Bring a medium pot with potato chunks covered by **water** to a boil. Cook until fork-tender, 10-12 minutes.
- Drain potatoes in a colander and return to pot. Add **sour cream**, **butter**, and ¼ tsp. **salt** and mash until smooth. Cover and set aside.
- While potatoes cook, roast broccoli.



4

Roast the Broccoli

- Cut **broccoli** into bite-sized pieces, if necessary.
- Place broccoli on prepared baking sheet and toss with 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil into broccoli.
- Spread into a single layer and roast until tender, 14-16 minutes.



5

Finish the Dish

- Plate dish as pictured on front of card. Bon appétit!