



#### In your box

- 3 oz. BBQ Sauce
- ¼ cup Panko Breadcrumbs
- 4 fl. oz. 2% Milk
- 8 oz. Green Beans
- 6 Chive Sprigs
- 2 oz. Sour Cream
- 1 oz. Shredded Cheddar-Jack Cheese
- 12 oz. Yukon Potatoes
- 2 Tbsp. BBQ Spice Rub
- 10 oz. Ground Beef



## BBQ Beef Mini-Meatloaves

with loaded mashed potatoes

NUTRITION per serving—Calories: 798, Carbohydrates: 80g, Fat: 34g, Protein: 40g, Sodium: 1715mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time  
45-55 min.

Cook Within  
5 days

Difficulty Level ● ● □  
Intermediate

Spice Level □ □ □  
Not Spicy

## ① You will need

Olive Oil, Salt, Pepper, Cooking Spray  
Baking Sheet, Mixing Bowl, Small Pot, Colander, Medium 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 and cooking spray
- Ingredient(s) used more than once: **milk**



1

### Start the Meatloaves

- In a mixing bowl, combine **ground beef**, **BBQ spice rub**, half the **milk** (reserve remaining for potatoes), and **panko**.
- Form meat mixture into two loaves, about 3" long.
- Place loaves on prepared baking sheet and bake in hot oven until loaves reach a minimum internal temperature of 160 degrees, 20-23 minutes.
- While meatloaves cook, make potatoes.



2

### Make the Mashed Potatoes

- Cut **potatoes** into large chunks.
- Bring a small pot with potatoes covered with **water** to a boil. Cook until fork-tender, 14-18 minutes.
- Drain potatoes in a colander. Return to pot and add remaining **milk** and ½ tsp. **salt**. Mash until smooth and set aside.
- While potatoes boil, prepare ingredients.



3

### Prepare the Ingredients

- Mince **chives**.
- Trim ends off **green beans**. Cut into 2" pieces.



4

### Finish the Meatloaves

- Generously spoon **BBQ sauce** over **meatloaves**, covering completely.
- Bake until sauce adheres slightly to loaves, 4-5 minutes.
- Rest baked meatloaves at least 3 minutes.



5

### Cook Green Beans and Finish Dish

- Place a medium pan over medium-high heat and add 1 tsp. **olive oil**. Add **green beans**, ½ cup **water**, and a pinch of **salt** and **pepper** to hot pan. Cover, and cook until water is evaporated and green beans are tender, 4-6 minutes.
- *If green beans need more time, add 2 Tbsp. water and stir occasionally, 1-3 minutes.*
- Remove from burner.
- Plate dish as pictured on front of card, garnishing **potatoes** with **cheese**, **chives**, and **sour cream**. Bon appétit!