



**GREEN  
CHEF**

# MAPLE BARBECUE MEATLOAVES

*Sautéed Brussels sprouts, carrots & dried cranberries*

## COOK TIME

40 MIN

## SERVINGS

2

## CALORIES PER SERVING

650

## NET CARBS PER SERVING

35 GRAMS

## MENU

PALEO // GLUTEN-FREE

The luscious barbecue sauce that tops tonight's beef meatloaves is a serious flavor upgrade for this classic dish. Our secret? It's made with maple syrup and molasses for subtly sweet notes, a dash of paprika for hints of smoke, and balsamic vinegar for a satisfying tang. On the side, a sprinkle of dried cranberries adds tart sweetness to sautéed Brussels sprouts and carrots.

## INGREDIENTS (10 ITEMS)

10 oz **Ground beef**  
2 ¾ oz **Maple-balsamic barbecue sauce**  
1 tsp **Barbecue spice blend**  
4 oz **Brussels sprouts**  
2 whole **Carrots**  
1 oz **Dried cranberries**  
1 whole **Shallot**  
¼ oz **Garlic**  
1 medium **Egg** <sup>E</sup>  
2 ½ tbsp **Almond flour** <sup>T</sup>

## WHAT YOU'LL NEED

large sauté pan  
baking sheet  
medium bowl  
measuring cup & spoons  
whisk  
peeler  
thermometer  
oven mitt  
cooking oil  
salt & pepper

## ALLERGENS

<sup>E</sup> EGGS  
<sup>T</sup> TREE NUTS (almonds)



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat and eggs. Consuming raw or undercooked meat or eggs may increase your risk of foodborne illness. Go to [help.greenchef.com](http://help.greenchef.com) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 MAKE MEATLOAF MIXTURE

- Preheat oven to 425 degrees.
- Crack **egg** into a medium bowl. Whisk until well combined. Add **ground beef**, **almond flour**, and about ½ tablespoon of the **maple-balsamic barbecue sauce**. Season with **barbecue spice blend**\* and about ¼ teaspoon salt. Mix thoroughly to evenly distribute sauce and seasonings.

*\*If heat sensitive, use the barbecue spice blend sparingly, or omit entirely.*

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

## 2 FORM & BAKE MEATLOAVES

- Form **meatloaf mixture** into two oval-shape loaves, about 1 inch thick.
- Place **meatloaves** on a lightly oiled, foil-lined baking sheet. Spread remaining **barbecue sauce** over tops of meatloaves. Transfer baking sheet to oven. Bake 25-30 minutes, or until meatloaves are fully cooked.\*

*\*Ground beef is fully cooked when internal temperature reaches 160 degrees.*

## 3 PREP

- Trim ends off **Brussels sprouts**. Quarter lengthwise.
- Cut tops off **carrots** and peel. Halve lengthwise. Lay flat and cut across into half-moons, about ¼ inch thick.
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.
- Mince **garlic**.

## 4 START VEGGIES

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **Brussels sprouts**, **carrots**, and **shallot** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine. Cook 4-6 minutes, or until veggies begin to brown, stirring occasionally.

## 5 FINISH VEGGIES

- Reduce heat on pan with veggies to medium-low. Add **garlic** and **dried cranberries**. Cook about 1 minute, or until garlic is fragrant, stirring occasionally.
- Add about ½ cup water. Cook 8-10 minutes, or until veggies are fork tender and liquid is mostly cooked off, stirring occasionally.

## 6 PLATE YOUR DISH

- Cut **meatloaves** into 4-6 slices each.
- Divide **sautéed veggies** between plates. Shingle **maple barbecue meatloaves** next to veggies. Enjoy!

