



**GREEN  
CHEF**

# BARBECUE GLAZED MEATLOAVES

*creamy roasted garlic mashed potato, sautéed green beans*

## COOK TIME

35 MIN

## SERVINGS

2

## CALORIES PER SERVING

940

Tonight's meatloaf is so tasty, we made sure each person gets their own. Marbled with bold barbecue spices (think chili pepper, paprika, and dried mustard), the loaves are blanketed with a tangy, sticky-sweet barbecue glaze. Two classic, crave-worthy sides complete the fork-and-knife dinner: buttery sautéed green beans and fluffy mashed potato made with plenty of sour cream and roasted garlic. Dig in!

## INGREDIENTS (9 ITEMS)

1 medium	<b>Egg</b> <small>E</small>
10 oz	<b>Ground beef*</b>
¼ cup	<b>Breadcrumbs</b> <small>W</small>
2¾ oz	<b>Mild barbecue sauce</b>
1 tsp	<b>Barbecue spice blend</b>
1 whole	<b>Russet potato</b>
¼ oz	<b>Garlic</b>
6 oz	<b>Green beans</b>
1 oz	<b>Sour cream</b> <small>M</small>

## WHAT YOU'LL NEED

large pot  
medium sauté pan  
baking sheet  
mixing bowls  
measuring cup & spoons  
whisk  
strainer  
potato masher  
thermometer  
oven mitt  
cooking oil  
4 tbsp butter M  
salt & pepper

## ALLERGENS

E EGGS    W WHEAT  
M MILK



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

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

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

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 [greenchef.com/faq](https://www.greenchef.com/faq) 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 400 degrees.
- Crack **egg** into a medium bowl. Whisk until well combined. Add **ground beef**, **breadcrumbs**, and about ½ tablespoon of the **mild barbecue sauce**. Season with **barbecue spice blend\*** and about ¼ teaspoon salt. Mix thoroughly to evenly distribute ingredients.

*\*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 loaves, about 1 inch thick.
- Place **meatloaves** on a lightly oiled, foil-lined baking sheet. Spread remaining **mild barbecue sauce** over tops.
- Transfer baking sheet to oven. Bake 25–30 minutes, or until fully cooked.

# 3 COOK POTATO

- Peel **russet potato** if desired. Medium dice into pieces, about ½ inch each.
- Place **potato** in a large pot. Cover with at least 2 inches cold, lightly salted water. Bring to a boil. Cook 12–15 minutes, or until fork-tender.
- Reserve about ½ cup cooking water. Strain **potato**; shake off excess water. Return to pot.
- Add 2 tablespoons butter. Stir until butter melts. (You'll finish the potato in Step 6.)

# 4 ROAST GARLIC

- Place **garlic** in the center of a rectangular piece of foil. Drizzle with about 1 tablespoon cooking oil. Season with salt and pepper. Gently stir to coat. Fold edges of foil together to enclose **garlic**.
- Place foil packet directly on oven rack, seam side up. Roast 10–15 minutes, or until fragrant and lightly browned.

# 5 SEASON & SAUTÉ GREEN BEANS

- Trim stem ends off **green beans**. Slice into pieces, about ½ inch long.
- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium-high heat. Add **green beans** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 7–9 minutes, or until tender, stirring occasionally. Remove from heat.
- Add 1 tablespoon butter. Stir until butter melts.

# 6 MASH GARLIC & POTATO

- Remove **garlic** from foil (reserve roasted garlic oil). Place in a small bowl. Mash **garlic** with a fork into a paste.
- Mash **potato** with a potato masher (or fork) until smooth. Add **garlic**, **sour cream**, reserved **garlic oil**, and 1 tablespoon butter. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine.\*

*\*If the mixture is too thick, add reserved potato cooking water a tablespoon at a time until the desired consistency is reached.*

# 7 PLATE YOUR DISH

- Cut **meatloaves** into 4–6 slices each.
- Divide **creamy roasted garlic mashed potato** and **sautéed green beans** between plates. Shingle **barbecue glazed meatloaves** next to veggies. Enjoy!



# Nutrition Facts

2 Servings per container

Serving size (517g)

Amount per serving

Calories 940

	% Daily Value*
<b>Total Fat</b> 63g	81%
Saturated Fat 28g	140%
Trans Fat 1g	
<b>Cholesterol</b> 285mg	95%
<b>Sodium</b> 1390mg	60%
<b>Total Carbohydrate</b> 60g	22%
Dietary Fiber 6g	21%
Total Sugars 21g	
Includes 0g Added Sugars	0%
<b>Protein</b> 36g	
Vitamin D 0mcg	0%
Calcium 121mg	10%
Iron 6mg	35%
Potassium 854mg	20%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**All ingredients in this recipe:**  
**Ground Beef** [beef], **Breadcrumbs** [bleached wheat flour, yeast, sugar, salt], **Egg**, **Green Beans**, **Russet Potatoes**, **Sour Cream** [cultured cream], **Barbecue Sauce** [tomato puree (filtered water, tomato paste), sugar, white vinegar, molasses, natural hickory smoke flavor, salt, corn starch, Worcestershire sauce (white vinegar, molasses, filtered water, sugar, sea salt, caramel color, garlic powder, spices, cayenne pepper, black pepper, xanthan gum), caramel color, onion powder, garlic powder, ground red peppers, xanthan gum], **Barbecue Spice Blend** (Granulated Garlic, Ancho Chili Powder, Sweet Paprika, Dried Mustard, Dried Ginger, Black Pepper), **Garlic**

**Allergen information:**  
Contains Milk, Egg And Wheat

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.