



SWEDISH MEATLOAVES

Roasted carrots with cranberries, mashed potato, garlic gravy

COOK TIME
35 MIN

SERVINGS
2

CALORIES PER SERVING
960

This sweet and savory meal was inspired by the gravy-smothered specialty dish from everyone's favorite Swedish furniture store. In this elevated riff, beef is flavored with a garlic and rosemary, basil, and sage blend, then shaped into personal-sized loaves. (Psst—if you've got some, try adding a small pinch of nutmeg to the beef mixture before forming for a subtly warm flavor.) Once baked, the meatloaves are sliced, smothered in a rich garlic gravy, and served alongside sour cream mashed potato and cranberry-studded roasted carrots. Yep, it's enough deliciousness to fill out a smorgasbord.

- INGREDIENTS (10 ITEMS)**
- 1 whole **Russet potato**
 - 1 whole **Scallion**
 - ¼ oz **Garlic**
 - 3 whole **Carrots**
 - 1 oz **Dried cranberries**
 - 10 oz **Ground beef***
 - 1 tsp **Rosemary, basil & sage blend**
 - 1 tbsp **Flour** W
 - 1 whole **Mushroom stock concentrate**
 - 2 oz **Sour cream** M

- WHAT YOU'LL NEED**
- large pot
 - medium sauté pan
 - 2 baking sheets
 - mixing bowls
 - measuring cup & spoons
 - strainer
 - peeler
 - potato masher
 - thermometer
 - oven mitt
 - cooking & olive oils
 - 3 ½ tbsp butter M
 - salt & pepper

ALLERGENS

W WHEAT M MILK

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

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

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat. Consuming raw or undercooked meat 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.

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

1 COOK POTATO

- Preheat oven to 400 degrees.
- Peel **russet potato** if desired. Large dice into pieces, about ¾ 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 potatoes are fork-tender.
- Reserve about ½ cup **potato cooking water**. Strain **potato**; shake off excess water. Return to pot and add 2 tablespoons butter.

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 PREP

- Thinly slice **scallion**; discard root end.
- Mince **garlic**.
- Cut tops off **carrots** and peel. Slice across at an angle into rounds, about ½ inch thick.
- Place **dried cranberries** in a small bowl. Cover with about ⅓ cup water. Let soak at least 5 minutes, or until softened (reserve soaking liquid).

3 FORM & BAKE MEATLOAVES

- Place **ground beef** and half of the **garlic** in a medium bowl. Season with **rosemary, basil, and sage blend** and ¼ teaspoon salt. Mix thoroughly to evenly distribute ingredients.
- Form **meatloaf mixture** into two loaves, about 1 inch thick.
- Place **meatloaves** on a lightly oiled, foil-lined baking sheet. Transfer baking sheet to oven. Bake 25-30 minutes, or until meatloaves are fully cooked.

4 ROAST CARROTS

- Place **carrots** in a large bowl. Drizzle with about 1 tablespoon cooking oil. Season with ½ teaspoon salt and pinch of pepper. Stir to coat.
- Spread **carrots** out in a single layer on a second lightly oiled, foil-lined baking sheet. Roast 20-24 minutes, or until fork-tender, stirring halfway through.
- Remove pan from oven. Sprinkle **cranberries** over carrots (you'll use the soaking liquid in Step 5).

5 MAKE GRAVY

- Heat about 1 ½ tablespoons butter in a medium sauté pan over medium heat. Add about half of the **scallion** to hot pan. Season with salt and pepper. Stir to combine. Cook 1-2 minutes, or until scallion is fragrant, stirring occasionally.
- Add remaining **garlic** and sprinkle with **flour**. Stir to coat. Cook 1-2 minutes, or until garlic is fragrant.
- Stir in **mushroom stock concentrate** and **cranberry soaking liquid**. Bring to a boil. Lower heat and simmer until thickened, 2-3 minutes. Stir in half of the **sour cream**. Season with salt and pepper to taste.

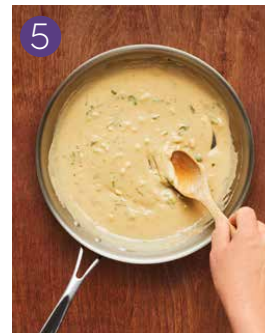
6 MASH POTATO

- Mash **potato** with a potato masher (or fork) until smooth. Add remaining **sour cream** and drizzle with about 1 ½ tablespoons olive oil. Season with ¼ teaspoon salt and a pinch of pepper. Stir to combine.*

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

7 PLATE YOUR DISH

- Cut **meatloaves** into 4-6 slices each.
- Divide **mashed potatoes** and **roasted carrots with cranberries** between plates. Shingle **meatloaves** next to veggies. Drizzle with **garlic gravy** and garnish with remaining **scallion**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (552g)

Amount per serving

Calories **960**

	% Daily Value*
Total Fat 64g	82%
Saturated Fat 27g	135%
Trans Fat 1g	
Cholesterol 165mg	55%
Sodium 1640mg	71%
Total Carbohydrate 63g	23%
Dietary Fiber 8g	29%
Total Sugars 20g	
Includes 10g Added Sugars	20%
Protein 33g	
Vitamin D 0mcg	0%
Calcium 164mg	15%
Iron 6mg	35%
Potassium 1220mg	25%

* 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], **Carrots**, **All-Purpose Flour** [bleached wheat flour, malted barley flour, niacin, iron, thiamini monoitrate, riboflavin, folic acid], **Garlic**, **Sour Cream** [cultured cream], **Dried Cranberries** [cranberries, cane sugar, sunflower oil], **Russet Potatoes**, **Mushroom Stock Concentrate** [mushroom juice concentrate, maltodextrin, salt, natural flavor, sugar, yeast extract, and xanthan gum], **Scallions**, **Rosemary**, **Basil & Sage Blend** (Ground Rosemary, Dried Sage, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Basil, Granulated Garlic, Onion Powder)

Allergen information:

Contains Milk 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.