



# BARBECUE MEATLOAVES

*Brussels sprouts, carrots, dried cranberries*

<b>COOK TIME</b> 35 MIN	<b>SERVINGS</b> 2	<b>CALORIES PER SERVING</b> 710	<b>NET CARBS PER SERVING</b> 33 GRAMS	<b>MENU</b> PALEO // GLUTEN-FREE
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The barbecue sauce that forms the tasty glaze on tonight's individual beef meatloaves is a serious flavor upgrade to the traditional meatloaf dinner. It's made with maple syrup and molasses for sweetness, paprika for a hint of smoke, and balsamic vinegar for tang. On the side, dried cranberries add a fruity accent to lightly browned Brussels sprouts and carrots.

## INGREDIENTS (10 ITEMS)

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

## 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 Safe Spot Program.

**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.

\*\*Due to the varying nature of organic produce, we may have sent a larger onion than needed.

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat and egg. Consuming raw or undercooked meat or egg may increase your risk of foodborne illness. Go to [greenchef.com/faq](http://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 to combine yolk and white. 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 ingredients.

*\*If heat sensitive, use 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, each about 1 inch thick.
- Place **meatloaves** on a lightly oiled, foil-lined baking sheet. Bake for 12 minutes.
- Remove sheet from oven. Spread remaining **barbecue sauce** over tops of **meatloaves**. (**Careful! Baking sheet is hot!**)
- Bake 10–12 minutes more, or until fully cooked.

## 3 PREP

- Trim stem 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 **red onion** and discard peel. Halve lengthwise; save one half for another use. Cut remaining half lengthwise into strips, about ¼ inch thick.\*
- Mince **garlic**.

*\*Use about 1 cup red onion, saving the rest for another day. If you have a food scale, use 5 ounces to stay under 35 grams of net carbs per serving.*

## 4 START VEGGIES

- Heat 2–3 tablespoons cooking oil in a large sauté pan over medium–high heat. Add **Brussels sprouts**, **carrots**, and **onion** to hot pan. Season with about ½ teaspoon salt and a pinch of pepper. Cook 4–6 minutes, or until veggies begin to brown, stirring occasionally.

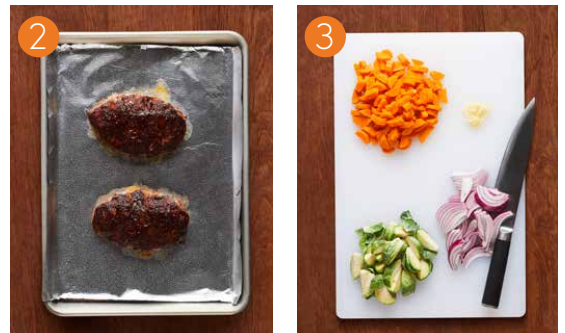
## 5 FINISH VEGGIES

- Reduce heat under pan 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 liquid has mostly cooked off and veggies are fork-tender, stirring occasionally.\*

*\*Be sure to scrape up any browned bits in the bottom of the pan as you stir—those unassuming specks are full of concentrated flavor and will give extra richness to your veggies.*

## 6 PLATE YOUR DISH

- Cut **meatloaves** into 4–6 slices each.
- Divide **barbecue meatloaves** between plates. Serve **Brussels sprouts, carrots, and dried cranberries** on the side. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (447g)

Amount per serving

**Calories** **710**

	% Daily Value*
<b>Total Fat</b> 46g	59%
Saturated Fat 12g	60%
Trans Fat 0g	
<b>Cholesterol</b> 215mg	72%
<b>Sodium</b> 1440mg	63%
<b>Total Carbohydrate</b> 41g	15%
Dietary Fiber 8g	29%
Total Sugars 24g	
Includes 12g Added Sugars	24%
<b>Protein</b> 36g	
Vitamin D 0mcg	0%
Calcium 180mg	15%
Iron 7mg	40%
Potassium 824mg	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:

**Brussels Sprouts, Carrots, Garlic, Dried Cranberries** [cranberries, cane sugar, sunflower oil], **Red Onion, Ground Beef** [beef], **Barbecue Spice Blend** (Granulated Garlic, Ancho Chili Powder, Sweet Paprika, Dried Mustard, Dried Ginger, Black Pepper), **Almond Flour** [organic almonds], **Maple-Balsamic Barbecue Sauce** (Granulated Garlic, Yellow Onion, Tomato Paste [vine ripened organic tomatoes], Orange Juice [organic orange juice], Balsamic Vinegar [wine vinegar, concentrated grape must, caramel color], Maple Syrup [pure maple syrup], Molasses [blackstrap molasses], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Sea Salt, Smoked Paprika, Dried Ginger, Ascorbic Acid [ascorbic acid]), **Egg**

### Allergen information:

Contains Egg And Tree Nuts

*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.*