



More than Food

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Italian Meatloaf

with Sundried Tomatoes, Roasted Green Beans, and Garlic-Basil Mashed Potatoes

Individual meatloaves aren't just adorable—they're also a major time-saver. Spiked with basil, sundried tomato, and garlic, these meatloaves have taken a decidedly Italian spin. Infusing garlic into melted butter gives mashed potatoes a silky, flavorful finish.



45 min



level 1



nut free



Ground Beef



Beef Stock Concentrate



Sundried Tomatoes



Shallot



Garlic



Basil



Russet Potatoes



White Bread



Green Beans



Sour Cream

Ingredients	2 People	4 People
Ground Beef	10 oz	20 oz
Beef Stock Concentrate	1	2
Sundried Tomatoes	1½ oz	3 oz
Shallot	1	2
Garlic	2 cloves	4 cloves
Basil	½ oz	1 oz
Russet Potatoes	12 oz	24 oz
White Bread	1) 2) 3) 1 slice	2 slices
Green Beans	4 oz	8 oz
Sour Cream	3) 2 T	4 T
Butter*	3) 1½ T	3 T
Olive Oil*	1 t	2 t

*Not Included

Allergens

- 1) Wheat
- 2) Soy
- 3) Milk

Tools

Baking Sheet,
Medium Bowl,
Medium Pot, Strainer,
Peeler, Masher

Ruler

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Nutrition per person Calories: 664 cal | Fat: 29 g | Sat. Fat: 12 g | Protein: 39 g | Carbs: 63 g | Sugar: 16 g | Sodium: 1114 mg | Fiber: 7 g

Make sure to wash and dry produce before prepping or cooking!



1

1 Prep the ingredients: Preheat the oven to 400 degrees. Halve, peel, and mince the **shallot**. Mince or grate the **garlic**. Finely chop the **basil stems and leaves**. Finely chop the **sundried tomatoes**. Peel and dice the **potatoes** into ½-inch cubes. Trim the **green beans**.



2

2 Mix the meatloaf: In a medium bowl, soak the **bread** with the **beef stock concentrate** and ¼ cup **water**. Break up the bread with your hands until a paste forms. Add the **beef, sundried tomatoes, shallot, half the garlic, half the basil**, and a large pinch of **salt and pepper** to the bowl (we used ½ teaspoon kosher salt). Mix with your hands until just combined.



3

3 Bake the beans and meatloaves: Toss the **green beans** on one side of a lightly oiled baking sheet with a drizzle of **olive oil** and a pinch of **salt and pepper**. Form the **beef mixture** into two oval loaves and place on the other side of the baking sheet. Place in the oven for 15-20 minutes, until the green beans are tender and the meatloaves have cooked through.



5

4 Boil the potatoes: Meanwhile, place the **potatoes** and a large pinch of **salt** in a medium pot. Add enough **water** to cover, then bring to a boil. Reduce to a simmer and cook for about 10 minutes, until the potatoes are fork-tender. Drain.

5 Mash the potatoes: In the same pot you cooked the **potatoes** in, heat **1 ½ Tablespoons butter** and the **remaining garlic** over medium heat. Cook for 30 seconds, until melted and fragrant, then remove from the heat. Return the **potatoes** to the pot along with the **sour cream** and **remaining basil**. With a potato masher (or a fork, if you do not have one), mash the potatoes until very creamy. Taste and season with **salt and pepper**.

6 Finish: Plate the **mashed potatoes**, then top with the **roasted green beans and meatloaf**. Enjoy!