



ITALIAN MEATLOAF

with Sun-Dried Tomatoes, Green Beans, and Garlicky Potatoes

PREP: 10 MIN
TOTAL: 40 MIN

LEVEL 1

NUT FREE



HELLO

SUN-DRIED TOMATO

Adds a pop of tangy flavor anywhere you put it

INGREDIENTS:

- Shallot
- Garlic
- Rosemary
- Sun-Dried Tomatoes
- Sliced White Bread (Contains: Wheat)
- Chicken Stock Concentrate
- Ground Beef
- Russet Potatoes
- Green Beans
- Sour Cream (Contains: Milk)

FOR 2 PEOPLE:

- 1
- 2 Cloves
- ¼ oz
- 1½ oz
- 1
- 1
- 10 oz
- 12 oz
- 6 oz
- 2 TBSP

FOR 4 PEOPLE:

- 1
- 2 Cloves
- ¼ oz
- 3 oz
- 2
- 2
- 20 oz
- 24 oz
- 12 oz
- 4 TBSP

NUTRITION PER SERVING

651 cal | Fat: 27 g | Sat. Fat: 12 g | Protein: 44 g | Carbs: 64 g | Sugar: 15 g | Sodium: 771 mg | Fiber: 9 g

START STRONG

No need to mash that meat: Overworking the raw beef mixture will give you a loaf that's tough and dense. Gently toss the ingredients together until they're just barely combined. That way, your meatloaf will turn out nice and tender.



BUST OUT

- 2 Medium bowls
- Peeler
- Strainer
- Olive oil (1 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)
- Baking sheet
- Medium pot
- Potato masher

1 PREHEAT OVEN AND PREP

Wash and dry all produce. Preheat oven to 400 degrees. Halve, peel, and mince **shallot**. Mince **garlic**. Strip **rosemary** off stems and finely chop 1 tsp. Finely chop **sun-dried tomatoes**. In a medium bowl, soak **bread** with **stock concentrate** and $\frac{1}{4}$ cup **water**.

2 MAKE MEATLOAF

Break **bread** up with your hands until pasty. Add **beef**, **sun-dried tomatoes**, **shallot**, **half the garlic**, **half the rosemary**, and a large pinch of **salt** and **pepper**. Mix with your hands until just combined. Form into two oval loaves and place onto a lightly oiled baking sheet. Bake until cooked through, 20-25 minutes.

3 BOIL POTATOES

Meanwhile, peel and dice **potatoes** into $\frac{1}{2}$ -inch cubes. Place 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 until potatoes are tender, about 12 minutes.



4 ROAST GREEN BEANS

With 15 minutes left to go on **meatloaf**, toss **green beans** in another medium bowl with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Spread on baking sheet with meatloaf and roast until green beans are tender, about 15 minutes.

5 MASH POTATOES

Drain **potatoes** once tender. In same pot, heat **1 TBSP butter**, remaining **garlic**, and remaining **rosemary** over medium heat. Cook until melted and fragrant, about 30 seconds. Add **potatoes** and **sour cream** and mash with a fork or potato masher until very smooth. Add a splash of **water** (or milk) to loosen, if necessary. Taste and season with **salt** and **pepper**.

6 SERVE

Plate **mashed potatoes**, then top with **roasted green beans** and **meatloaf**.

BADA BING!

An American classic with Italian swagger.

