



Cooking Made Easy

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Homestyle Meatloaf

with Shallot Gravy & Caramelized Root Vegetables



It might not be your Mom's recipe, but we promise this homey dish will bring back major memories. Flavored with mild shallot and woody thyme, our meatloaf packs sophisticated flavor and serious tenderness. Of course, the dish wouldn't be complete without a generous smothering of homemade gravy. Who's hungry?!

35 min

level 1

nut free



Ground Beef



Shallot



Flour



Ketchup



Panko



Stock Concentrate



Potato



Baby Carrots



Thyme



Garlic



Mini Loaf Pan

| Ingredients | 2 People | 4 People |
|-------------------|----------|-----------|
| Ground Beef | 12 oz | 24 oz |
| Potato | 1 | 2 |
| Baby Carrots | 1 bunch | 2 bunches |
| Garlic | 2 cloves | 4 cloves |
| Stock Concentrate | 1 | 2 |
| Panko | 1) | ½ C |
| Thyme | 1 sprig | 2 sprigs |
| Ketchup | 1 T | 2 T |
| Shallot | 1 | 2 |
| Flour | 1) | 2 T |
| Mini Loaf Pan | 1 | 2 |
| Butter* | 2) | 2 T |
| Olive Oil* | 1 T | 2 T |

*Not Included

Allergens

- 1) Wheat
- 2) Milk

Tools

Peeler, Baking Sheet, Small Bowl, Medium Bowl, Medium Pan, Whisk

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 556 cal | Carbs: 33 g | Fat: 30 g | Protein: 37 g | Fiber: 4 g



1 Preheat oven to 400 degrees. Mince or grate the **garlic**. Finely chop the **shallot**. Strip the **thyme leaves** off the sprig, then roughly chop. Halve the **baby carrots** lengthwise. Peel the **potato**, then cut into ½-inch matchsticks (like French Fries!). In a small bowl, combine the **panko** with 2 tablespoons **water**, then set aside.



2 Toss the **carrots** and **potato** on separate sides of a baking sheet with 1 tablespoon **olive oil** and season with **salt** and **pepper**. Place the baking sheet in the oven and roast for 15-20 minutes, tossing halfway through, until golden brown.



3 In a medium bowl, thoroughly mix the **ground beef**, **panko mixture**, **garlic**, **half the shallot**, **half the thyme**, and a very large pinch **salt** (we used ½ teaspoon kosher salt) and **pepper**. Pack the mixture into the loaf pan and top with 1 tablespoon **ketchup**. Bake for 15-20 minutes, until cooked through.



4 Heat 2 tablespoons **butter** in a medium pan over medium heat. Add the **remaining shallot** and cook, tossing, 3-4 minutes, until softened. Sprinkle the **flour** into the pan and whisk constantly to combine. Whisk in the **stock concentrate**, ½ cup **water**, and the **remaining thyme**. Simmer for 2-3 minutes, until thickened. Taste and season with **salt** and **pepper**, if necessary.

5 Slice the **meatloaf** and serve with the **roasted carrots and potato**. Spoon a generous amount of **shallot gravy** over the meatloaf. Enjoy!



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Mini Loaf Pan

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| Garlic | 2 cloves | 4 cloves |
| Stock Concentrate | 1 | 2 |
| Panko | 1) | ½ C |
| Thyme | 1 sprig | 2 sprigs |
| Ketchup | 1 T | 2 T |
| Shallot | 1 | 2 |
| Flour | 1) | 2 T |
| Mini Loaf Pan | 1 | 2 |
| Butter* | 2) | 2 T |
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