



ITALIAN MEATLOAF

with Roasted Green Beans and Mashed Potatoes



HELLO BASIL

The aromatic herb takes good ol' American meatloaf on a voyage to Italy.

PREP: 10 MIN | **TOTAL: 45 MIN** | **CALORIES: 690**



Shallots



Basil



Chicken Stock Concentrates



Ground Beef



Green Beans



Garlic



Whole Wheat Bread
(Contains: Wheat)



Milk
(Contains: Milk)



Yukon Gold Potatoes



Sour Cream
(Contains: Milk)

START STRONG

Let kids help with tasks like mixing and shaping the meatloaves—just make sure they wash their hands before and after.

BUST OUT

- Large bowl
- Strainer
- 2 Baking sheets
- Medium pot
- Potato masher
- Vegetable oil (1 tsp)
- Olive oil (2 tsp)
- Butter (2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 4-person

- | | |
|------------------------------|----------|
| • Shallots | 2 |
| • Garlic | 2 Cloves |
| • Basil | ½ oz |
| • Whole Wheat Bread | 2 Slices |
| • Chicken Stock Concentrates | 2 |
| • Milk | 6.75 oz |
| • Ground Beef* | 20 oz |
| • Yukon Gold Potatoes | 24 oz |
| • Green Beans | 12 oz |
| • Sour Cream | 4 TBSP |

* Beef is fully cooked when internal temperature reaches 160 degrees.

WINE CLUB

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1 PREP

Adjust rack to middle position and preheat oven to 400 degrees. **Wash and dry all produce.** Halve, peel, and mince **shallots**. Mince or grate **garlic**. Pick **basil leaves** from stems; discard stems. Finely chop leaves. In a large bowl, soak **bread** with **stock concentrates** and **½ cup milk** (we'll use more of the milk later).



4 ROAST GREEN BEANS

Toss **green beans** with a large drizzle of **olive oil** and a pinch of **salt** and **pepper** on a second baking sheet. Roast in oven until tender, about 15 minutes.

TIP: If there's room on the sheet with the meatloaves, you can add the green beans to the same sheet 15 minutes before the loaves are done baking.



2 MAKE MEATLOAVES

Break up **soaked bread** with hands until pasty. Add **beef, shallots**, half the **basil**, half the **garlic**, and a large pinch of **salt** and **pepper**. Mix until just combined. Shape into four 1-inch-tall loaves and place on a lightly **oiled** baking sheet. Bake in oven until cooked through, 20-25 minutes.



5 MASH POTATOES

In pot used for potatoes, heat **2 TBSP butter** and remaining **garlic** over low heat. Melt and cook until fragrant, about 30 seconds. Add **potatoes, sour cream**, and **¼ cup milk** (you'll have some milk left over). Mash with a potato masher or fork until smooth. Season with **salt** and **pepper**. **TIP:** Add more milk if needed to give potatoes a creamy consistency.



3 BOIL POTATOES

Meanwhile, cut **potatoes** into ½-inch cubes. Place potatoes and a large pinch of **salt** in a medium pot. Add enough **water** to cover by 1 inch, then bring to a boil. Reduce to a simmer and cook until potatoes are easily pierced by a knife, about 12 minutes. Drain.



6 PLATE AND SERVE

Divide **mashed potatoes, green beans**, and **meatloaves** between plates. Sprinkle meatloaves with remaining **basil** and serve.

THE BEST THING SINCE...

For a twist, break out some bread and mayo, slice your meatloaf, and assemble a sandwich.

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