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## Italian Meatloaf

with Sun-Dried Tomatoes, Roasted Green Beans,  
and Garlic Rosemary Mashed Potatoes

We're not sure what we like best about this recipe: the unique and flavorful ingredients, the quicker cook time of individual patties versus slow cooking, traditional meatloaf, or the silky, melt-in-your-mouth mashed potatoes. We'll let you make the call.



**Prep:** 10 min  
**Total:** 45 min



level 1



nut  
free



Ground  
Beef



Russet  
Potatoes



Green  
Beans



Chicken Stock  
Concentrate



Sun-dried  
Tomatoes



Shallot



Rosemary



Garlic



White  
Bread



Sour  
Cream

Ingredients		2 People	4 People	*Not Included
Ground Beef		10 oz	20 oz	<b>Allergens</b> 1) Wheat 2) Milk
Russet Potatoes		12 oz	24 oz	
Green Beans		6 oz	12 oz	
Chicken Stock Concentrate		1	2	
Sun-dried Tomatoes		1½ oz	1½ oz	
Shallot		1	2	<b>Tools</b> 2 Medium bowls, Baking sheet, Peeler, Medium pot, Strainer
Rosemary		¼ oz	¼ oz	
Garlic		2 Cloves	4 Cloves	
White Bread	1)	1 Slice	2 Slices	
Sour Cream	2)	2 T	4 T	
Butter*	2)	1½ T	1½ T	
Oil*		2 t	4 t	

**Nutrition per person** Calories: 690 cal | Fat: 31 g | Sat. Fat: 13 g | Protein: 43 g | Carbs: 63 g | Sugar: 15 g | Sodium: 751 mg | Fiber: 10 g



**1 Prep: Wash and dry all produce.** Preheat the oven to 400 degrees. Halve, peel, and mince the **shallot**. Mince or grate the **garlic**. Strip the **rosemary leaves** off the stems and finely chop (about 2 teaspoons). Finely chop the **sun-dried tomatoes**. Trim the ends of the **green beans**.



**2 Make the meatloaf:** In a medium bowl, soak the **bread** with the **stock concentrate** and ¼ **cup water**. Break up the bread with your hands until a paste forms. Add the **beef, sun-dried tomatoes, shallot, half the garlic, half the rosemary**, and a large pinch of **salt** (we used ½ teaspoon kosher salt) and **pepper** to the bowl. Mix with your hands until just combined. Form the **beef mixture** into 2 oval patties, then place onto a lightly oiled baking sheet. Place in the oven for 20-25 minutes, until cooked through.



**3 Boil the potatoes:** Meanwhile, peel and dice the **potatoes** into ½-inch cubes. Place in a medium pot with a large pinch of **salt**. Add enough **water** to cover, then bring to a boil. Reduce to a simmer and cook about 12 minutes, until potatoes are fork-tender.



**4 Roast the green beans:** With 15 minutes left to go on the **meatloaf**, toss the **green beans** in a medium bowl with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Spread onto the baking sheet with the meatloaf. Cook about 15 minutes, until tender.

**5 Mash the potatoes:** Once tender, drain the **potatoes**. In the same pot you cooked the potatoes in, heat 1½ **Tablespoons butter**, the remaining **garlic**, and the remaining chopped **rosemary** over medium heat. Cook 30 seconds, until melted and fragrant. Add the **potatoes** and **sour cream** to the pot. Mash with a fork or potato masher until very smooth, adding a splash of **water** (or milk) if necessary. Taste and season with **salt** and **pepper**.

**6 Serve:** Plate the **garlic rosemary mashed potatoes**, then top with the **roasted green beans** and **Italian meatloaf**. Enjoy!