














# MEATLOAF BURGERS

with Barbecue Sauce and a Pepita Salad



**HELLO**  
**MEATLOAF BURGERS**  
Blending meatloaf seasonings and mix-ins with beef makes patties that are moist and flavorful.

**PREP: 5 MIN** | **TOTAL: 30 MIN** | **CALORIES: 870**

-  Ground Beef
-  Parmesan Cheese  
(Contains: Milk)
-  Ketchup
-  Red Onion
-  Spring Mix Lettuce
-  Pepitas
-  Panko Breadcrumbs  
(Contains: Wheat)
-  Meatloaf Mix Blend
-  Onion Buns  
(Contains: Wheat, Milk, Eggs)
-  Lemon
-  Barbecue Sauce



## START STRONG

Get kids involved by having them help with mixing, shaping, and assembling the burgers as well as putting together the salad.

## BUST OUT

- Large pan
- 2 Large bowls
- Baking sheet
- Oil (2 tsp)
- Olive oil (2 TBSP)

## INGREDIENTS

Ingredient 4-person

- Ground Beef 20 oz
- Panko Breadcrumbs ½ Cup
- Parmesan Cheese ½ Cup
- Meatloaf Mix Blend 2 TBSP
- Ketchup 4 TBSP
- Red Onion 1
- Lemon 1
- Onion Buns 4
- Spring Mix Lettuce 4 oz
- Pepitas 2 oz
- Barbecue Sauce 4 TBSP

## HELLO WINE



### PAIR WITH

Come si dice?! Rosso Salento Primitivo, 2015

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## 1 SHAPE BURGERS

**Wash and dry all produce.** Adjust rack to middle position and preheat oven to 400 degrees. Heat a large pan over medium-high heat (use an ovenproof pan if you have one). Combine **beef, panko, Parmesan, meatloaf mix, and ketchup** in a large bowl. Season generously with **salt and pepper**. Shape mixture into four ¾-inch-thick patties.



## 4 TOAST BUNS

Split **buns** in half crosswise. Place on a baking sheet and toast in oven until golden, 3-5 minutes.



## 2 COOK BURGERS

Once pan is hot, add a large drizzle of **oil** to it. Add **burgers** and cook until nicely browned on bottom, 2-3 minutes. Flip burgers, then transfer pan to oven. Bake to desired doneness, 6-8 minutes. **TIP:** If your pan is not ovenproof, transfer burgers to a baking sheet before putting them in the oven.



## 5 TOSS SALAD

Add **lettuce**, a few squeezes of **lemon, pepitas**, and **2 TBSP olive oil** to another large bowl and toss to combine. Season with **salt and pepper**.



## 3 PREP

Trim root and stem ends from **onion** and peel away skin. Cut off a thin sliver from the middle of the onion at the cheek (fattest part), then place on your cutting board with cut side facing down (the cut you made will help the onion stay steady). Slice onion crosswise into thin rounds, then separate rounds into rings. Cut **lemon** into wedges.



## 6 ASSEMBLE AND SERVE

Fill **buns** with **burgers**, then spread **barbecue sauce** onto burgers. Top with a few **lettuce leaves** from **salad** and as much **onion** as you like. Serve with remaining salad on the side.

## FRESH TALK

If you made a time capsule for your future self, what would you put in it?

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