



Mini Meatloaf & Veggies



prep time
20 minutes



total time
50 minutes



servings
4

Ingredients

- 1 lb/450 grams lean ground beef
~ 12.5 protein servings
- 1/3 cup BBQ sauce, divided
~ 1/3 veggie serving
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon dried thyme
- 1/2 teaspoon salt
- 1 Pinch black pepper
- 1 lb/450 grams Brussels sprouts,
trimmed and quartered
~ 11.5 veggie servings
- 1 large sweet potato/250 grams,
peeled and cut into 1/2-inch pieces
~ 2.5 carb servings
- 2 cloves garlic, minced
- 2 tablespoons olive oil ~ 2 fat servings
- Salt and pepper

 one pan meal

Instructions

- 1 Preheat the oven to 400°.
- 2 Line a large baking sheet with parchment paper or a silicone baking mat. Place the sweet potato cubes, Brussels sprouts, and minced garlic on the baking sheet. Drizzle oil over vegetables then gently toss to coat and sprinkle with salt and pepper before spreading them out into a single layer.
- 3 Place the baking sheet in the oven and roast the vegetables for 15 minutes.
- 4 While the vegetables are roasting, mix the ground beef with 1/4 cup BBQ sauce, garlic and onion powders, thyme, salt, and pepper. Divide the meat mixture into 4 portions and shape each into a football shape about 3/4-inch thick. Set aside.
- 5 After the vegetables have been in the oven for 15 minutes, remove the baking sheet from the oven. Stir vegetables then make a space between them for the meatloaves.



- 6 Place the meatloaves on the pan and spread the remaining BBQ sauce over each one. Return the baking sheet to the oven and bake for an additional 12-15 minutes or until a meat thermometer inserted into the thickest part of the meatloaves registers 165°.
- 7 Remove the baking sheet from the oven and serve immediately.

Whole Recipe Breakdown:
12.5 Servings Protein
2.5 Servings Carb
2 Servings Fat
~12 Servings Veggies

