

Beef Meatloaf & Red Potatoes Dijon

Servings: 4

RECIPE BOX

INGREDIENTS

12 OUNCES RED POTATOES, QUARTERED
1 TBSP OLIVE OIL
1 LB GRASSFED GROUND BEEF
1/2 CUP ONION, CHOPPED
2/3 CUP WHOLE WHEAT BREADCRUMBS
2 CLOVES GARLIC
1/2 TBSP DIJON MUSTARD
1 EGG
1/2 TSP OREGANO
1/4 TSP SALT
1/8 TSP BLACK PEPPER
3 OUNCES WHITE CHEDDAR, DICED
INTO 24 CUBES
2 TBSP PARMESAN CHEESE, GRATED
8 OUNCES GREEN BEANS, TRIMMED
1 TSP OLIVE OIL



DIRECTIONS

STEP 1: Preheat oven to 400 F, line a large sheet pan with aluminum foil and spray with cooking spray. Place potatoes on the bottom third of the pan, drizzle olive oil and salt, toss to combine.

STEP 2: In medium skillet over medium heat, sauté garlic and onion for 2 minutes, place into large bowl. Combine onion mix, breadcrumbs, garlic, mustard, egg, oregano, salt, pepper, and ground beef – mix thoroughly.

STEP 3: Shape mixture into 8 mini loaves. While shaping, place 3 cubes of cheese into each meatloaf and pinch close. Place mini meatloaves on top third of pan.

STEP 4: In medium bowl, toss green beans with olive oil. Place green beans in final third of pan. Bake 20-25 minutes, watching vegetables.



Use gluten free breadcrumbs.



Use riced cauliflower instead of ground beef

Nutrition per Serving: Calories 451, Fat 33g, Carbs 33g, Fiber 6g, Sugar 3g, Protein 37g

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