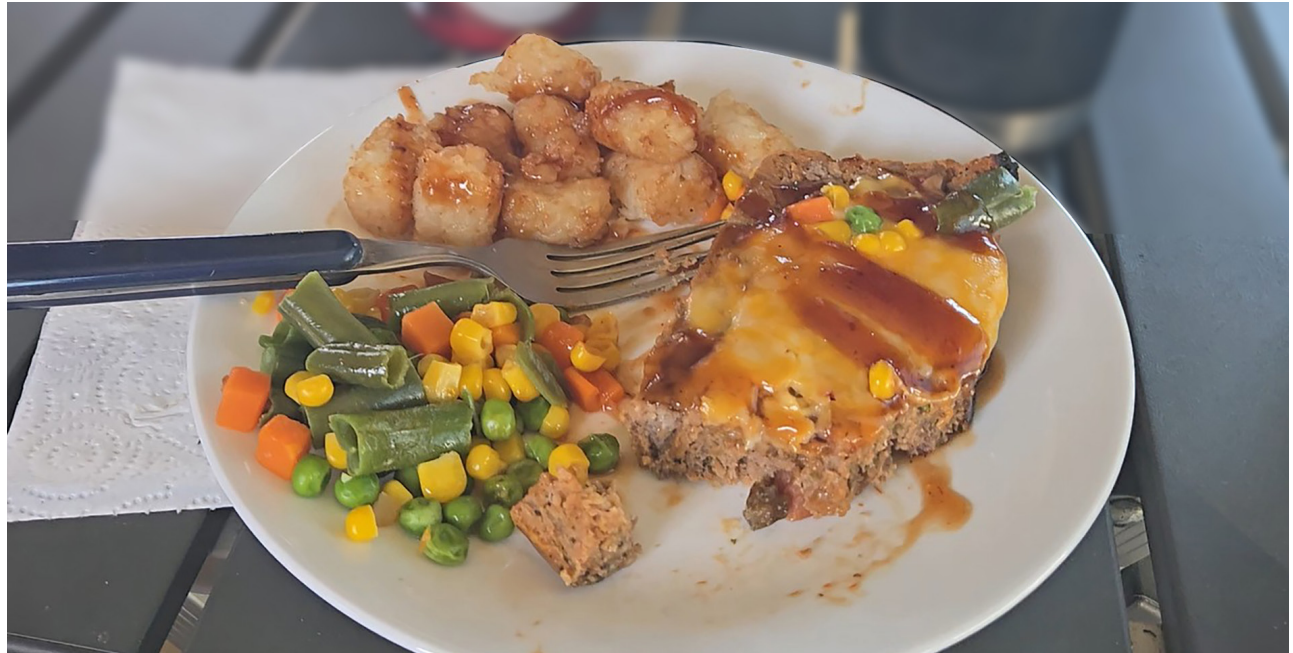


Meatloaf with veggies & tator-tots meal prep



Grass Fed, grass finished Ground beef & organic turkey mixed with breadcrumbs and seasonings produces an irresistibly tender and juicy meatloaf. We half-cooked frozen veggies and frozen Tator-Tots for a delicious meal prep for those travel days!

Serves 8
Prep time: 15 min

Cook Time: 40 min
Total time: 55 min

INGREDIENTS

- 1 lb grass fed/grass finished ground beef, 85% or 80% lean*
- 1 lb organic ground turkey
- 1 tsp olive oil
- 3 garlic cloves, minced
- 3 Tbsp fresh parsley, finely chopped
- 3/4 cup breadcrumbs
- 1 tsp salt, or to taste
- Stonewall Kitchen Mom's Meatloaf Starter, 20.5 oz jar. This has all the seasonings & sauce that makes it amazing.
- 1/2 tsp ground black pepper

DIRECTIONS

1. Prep – Grease a meatloaf/bread pan for easier cleanup, and preheat toaster oven to 400°F.
2. Make the Meatloaf Mixture – In a large bowl, add all of the meatloaf ingredients and mix just until well combined. Your hands are your best tool for mixing. If too wet, add more breadcrumbs until it can be molded and won't fall apart.
3. Add the raw meat mixture to the pan.
4. Bake uncovered in the toaster oven at 400°F for 40 minutes. It will be done when nothing sticks to the knife inserted into the meatloaf.
5. Meal prep a slice of meatloaf with half-cooked veggies of your choice & cooked (frozen) Tator-tots. We use meal prep containers & warmed them up in the microwave on a plate for an easy travel day dinner.