

Alpine Ranch Meatloaf and Mashed Potatoes

Meatloaf:

Chop your onion into small piece and saute' it in olive oil.

When the onions are clear, add the meatloaf sauce (container A).

Cook on low for 5 minutes.

Container A: Chicken Broth, Worcestershire Sauce, Tomato Paste, Italian Herbs

Add the ground beef, egg/eggs, and breadcrumbs to a bowl and mix well.

Add ½ teaspoon of salt and a ¼ teaspoon of pepper.

Add the onion mixture and combine it with the ground beef.

Form 2 loaves on a sheet pan (4 if you have a 4 serving kit).

Brush on about a tablespoon of the organic tomato ketchup on the top of each loaf.

Roast them in the oven for 45 minutes at 350 degrees.

*Gluten Free Bread Crumbs are used in GF Meals.

Mashed Potatoes:

Peel and chop your potatoes into 8 pieces each.

Put them in a pot with water and 1 teaspoon of salt.

Boil them until they are soft when you poke them with a fork.

Drain the water and smash them with a potato smasher or you can use beaters.

Add 2 Tablespoons Butter and ¼ cup milk or half and half.

If you have a 4 serving kit, add 4 Tablespoons butter and ½ cup milk or half and half. Season with salt and pepper to taste.

In my opinion, there is no better pairing than mashed potatoes and meat loaf, but if you are looking for a lighter way you cook your potatoes, you can slice them very thin and saute' them in olive oil with some salt and pepper.

Plate: Place an individual meat loaf on each plate. Add a side of mashed potatoes. Enjoy!! You can always add a little pat of butter to your mashed potatoes at the end too.