

## Meatloaf with Mashed Sweet Potatoes and Charred Broccoli

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 4 servings

### Ingredients:

#### For the meatloaf

½ cup ketchup  
 ⅓ cup brown sugar  
 1 tablespoon lemon juice  
 1 teaspoon paprika  
 1 teaspoon dry mustard  
 2 tablespoons of olive oil  
 ½ cup cremini mushrooms, sliced  
 ½ cup red onion, thinly sliced  
 1 large carrot  
 ½ cup red pepper, roughly chopped  
 5 cloves garlic, smashed to a paste  
 1 teaspoon kosher salt  
 1 teaspoon freshly ground black pepper  
 2 pounds 90/10 ground beef  
 1 egg, beaten  
 1 tablespoon parsley, finely chopped  
 1 tablespoon basil, finely chopped  
 1 cup Panko bread crumbs  
 1 cube beef bouillon, crumbled  
 Non-stick spray



#### For the mashed sweet potatoes with a sage ginger butter

2 large sweet potatoes  
 2 garlic cloves  
 ¼ teaspoon ground cinnamon  
 1 teaspoon black pepper  
 2 teaspoons kosher salt  
 2 sprigs of thyme  
 2 teaspoons fresh sage, chopped  
 ¼ teaspoon fresh ginger, grated  
 3 tablespoons butter

#### For the charred broccoli

1 quart of water for boiling  
 1 quart of ice water w for shocking  
 1 head of broccoli, with stems, trimmed  
 2 cloves garlic, minced  
 2 tablespoons olive oil  
 1 whole shallot, minced  
 1 teaspoon kosher salt  
 1 teaspoon black pepper, freshly ground

### Method of Preparation:

For the meatloaf

1. Preheat the oven to 350 degrees.
2. In a small bowl, combine ketchup, brown sugar, lemon juice, paprika and dry mustard until smooth.
3. Heat the oil in a large sauté pan over high heat. Add the mushrooms, onions, peppers, carrot, garlic paste, and salt and pepper, to taste, and cook until soft, five minutes. Once the vegetables are fully cooked place into a blender and blend.
4. Whisk together the egg and herbs in a large bowl. Add the ground beef, and then add the vegetable puree. When adding the puree, add enough to moisten the meat.
5. Once you feel like you have added enough puree, add the bread crumbs in so that you can form the meat loaf. Put into a loaf pan sprayed with non-stick spray. Brush the ketchup mixture over the top.
6. Cook in the oven until the internal temperature of the meatloaf is 165 degrees. Let cool slightly and then slice. Serve with mashed sweet potatoes and charred broccoli.

For the mashed sweet potatoes with a sage ginger butter

1. Heat oven to 350 degrees.
2. Wrap whole sweet potatoes with sprigs of thyme in aluminum foil and bake for about 45 minutes to an hour or until fork tender.
3. Remove from the oven and allow to cool.
4. Meanwhile, melt butter in a small saucepan over medium- low heat. Stir gently until begins to brown and smell nutty. Remove from heat. Add ginger, sage, cinnamon and garlic.
5. Discard thyme leaves and peel potatoes, discarding that skin as well, and cut into small chunks.
6. Add potato to a medium sized bowl. Top with the butter and mash together, using a hand-held mixer, if necessary. Season with salt and pepper. Serve alongside meatloaf and charred broccoli.

For the charred broccoli

1. Heat a grill pan or medium sauté pan to medium- high heat.
2. Slice broccoli, lengthwise, about half-inch thick.
3. In a medium bowl, combine olive oil, garlic, shallot, salt and pepper.
4. In a medium saucepan over high heat, boil water. Drop broccoli in boiling water for about 1 ½ minutes. Remove from boiling water and add to bowl of ice water, to stop the cooking.
5. Remove broccoli from ice water, allow to dry, and toss in olive mixture until well coated.
6. Char broccoli until nicely browned and develops a crisp layer.
7. Remove and serve alongside meatloaf and mashed sweet potatoes.

**Nutritional Analysis:**

For the meatloaf

Calories: 718  
Carbohydrates: 65 g  
Sodium: 1,060 mg  
Protein: 51 g  
Fat: 27 g  
Fiber: 4 g

For the sweet potatoes

Calories: 141  
Carbohydrates: 17 g  
Sodium: 984 mg  
Protein: 1 g  
Fat: 9 g  
Fiber: 2 g

For the charred broccoli

Calories: 84  
Carbohydrates: 4 g  
Sodium: 500 mg  
Protein: 2 g  
Fat: 7 g  
Fiber: 1.5 g