

Meatloaf

with Parsnip & Sweet Potato Oven Fries

Chefs, this time of year is perfect for getting to know our root vegetables. In this recipe, we're serving a comforting, classic meatloaf—infused with tangy Worcestershire sauce, ketchup and spices—with a side of sweet potato and parsnip “fries.”

Similar in appearance to carrots (their close relatives), parsnips are a pale-hued, uniquely sweet delight of the cooler seasons. Dusted with a rich assortment of spices and crisped up in the oven, these parsnips and sweet potatoes give standard fries some healthy (and delicious) competition.



Ingredients

- 1½ Pounds Ground Beef
- 2 Farm Eggs
- 4 Cloves Garlic
- 1¼ Pounds Parsnips
- 1 Pound Sweet Potatoes
- 1 Red Onion
- 1 Large Bunch Parsley

Knick Knacks

- 1 Tablespoon Vegetarian Worcestershire Sauce
- ½ Cup Ketchup
- ⅓ Cup Panko Breadcrumbs
- 1½ Tablespoons Meatloaf Spice Blend
(Montreal Steak Seasoning, Italian Seasoning, Ground Mustard & Crushed Aleppo Pepper)

Makes 4 Servings

About 600 Calories Per Serving

Prep Time: 15 min | Cook Time: 35 to 45 min



1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Peel and mince the garlic. Peel and small dice the onion. Finely chop the parsley leaves and stems. Peel the parsnips; cut the parsnips and sweet potatoes lengthwise into ½-inch-thick sticks.

2



Cook the aromatics:

In a medium pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the **garlic, onion** and **¾ of the spice blend**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until softened and fragrant. Transfer to a large bowl.

3



Start the meatloaf:

To the bowl of **cooked aromatics**, add the **ground beef, eggs, breadcrumbs, Worcestershire sauce, half the parsley** and **half the ketchup**; season with salt and pepper. Mix until combined.

4



Form & bake the meatloaf:

Place a large piece of aluminum foil (or parchment paper) on a clean, dry work surface. Place the **ground beef mixture** in the center of the foil. Gently roll and shape the mixture with the foil until it forms a tightly-packed, 10-inch by 3-inch loaf. Transfer the loaf and foil to a sheet pan (unrolling and flattening the foil to line the pan); evenly spread the **remaining ketchup** on top of the loaf. Bake 28 to 30 minutes, or until lightly browned and cooked through. Remove from the oven and carefully transfer to a serving dish. Let rest for at least 5 minutes.

5



Make the parsnip & sweet potato oven fries:

While the meatloaf bakes, place the **parsnips** and **sweet potatoes** on a sheet pan. Drizzle with olive oil; season with salt, pepper and the **remaining spice blend**. Toss to thoroughly coat and arrange in a single, even layer. Place on a separate oven rack and roast 28 to 30 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven and transfer to a serving dish.

6



Serve your dish:

Slice the **rested meatloaf** into ¾-inch-thick pieces. Serve with the **parsnip and sweet potato oven fries** on the side. Garnish with the **remaining parsley**. Enjoy!