



# Barbecue Turkey Meatloaf

with Mashed Sweet Potatoes and Roasted Broccoli

Tonight's remake of a classic stars tangy-sweet barbecue sauce in two roles: baked into individual turkey meatloaves, and slathered on top for a flavorful crust. Even though it's February, this comforting dish brings the smoky vibe of summer barbecue to life, with a flavorful char on roasted broccoli florets and a chipotle-laced heap of mashed sweet potatoes.

35-45 minutes

2 servings

740 calories per serving

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## Ingredients

9 ounces broccoli  
12 ounces sweet potatoes  
1 yellow onion  
1 chipotle pepper in adobo  
 $\frac{1}{4}$  teaspoon dried thyme  
1 teaspoon tomato paste  
12 ounces ground turkey  
2 tablespoons breadcrumbs  
1 tablespoon Worcestershire sauce  
 $\frac{1}{4}$  cup barbecue sauce, divided  
3 packets butter  
1 tablespoon maple syrup

## You'll Need

2½ tablespoons olive oil  
1 egg  
kosher salt  
black pepper  
8" medium pot  
10" medium pan  
aluminum foil  
2 baking sheets  
potato masher (optional)

## Recipe Tips

Be sure to read through the entire recipe before you begin cooking.

Chipotle is pretty spicy, so how much is too much? If you LOVE spicy food: mince up to half of the pepper. If you like a little heat: mince 1 teaspoon. If you don't want heat: just skip it!

A great task for an eager kitchen helper: hand-mixing and forming their own meatloaf!

USDA recommends cooking ground turkey to 160°F.

Great food starts with great ingredients. We're proud to send you turkey responsibly raised without antibiotics.



### 1. Prepare Ingredients

Preheat oven to 425°F. Rinse **broccoli** and halve lengthwise. Cut lengthwise into 1-inch florets with long stems (see photo). Discard any remaining stem, or peel and enjoy as a snack! Rinse **sweet potatoes** and cut into 1-inch dice, then place in a medium pot, cover with cold water by 1 inch, and set aside. Peel **onion** and cut into small dice. Mince up to **half of chipotle pepper**; discard remainder or save for another recipe (see Recipe Tip).



### 4. Cook Broccoli and Meatloaves

On a separate baking sheet, toss **broccoli** with **1½ tablespoons olive oil**, **¼ teaspoon salt** and **pepper** as desired. Arrange in a single layer and roast until brown and crispy, about 20 minutes. After 5 minutes of roasting, transfer **meatloaves** to oven (with broccoli) and bake until cooked through and no longer pink, about 15 minutes. Move on to Step 5—the broccoli and meatloaves should be done and ready to plate at the same time!



### 2. Sauté Onion

Heat **1 tablespoon olive oil** in a medium pan over medium-high heat. When oil is shimmering, add **dried thyme** and **onion** and sauté, stirring, until onion is soft and translucent, about 3 minutes. Stir in **tomato paste**, about 1 minute more. Transfer to a large bowl. Line a baking sheet with aluminum foil and set aside.



### 5. Boil Sweet Potatoes

While meatloaves and broccoli cook, season pot of sweet potatoes generously with **salt**. Bring to a boil over high heat and cook until tender when pierced with a knife tip, about 12 minutes. (P.S. This is a great time to set the table!) Drain **potatoes** and return to pot, off heat.



### 3. Make Meatloaves

Pat **turkey** dry with paper towel and add to bowl with onion. Add **breadcrumbs**, **Worcestershire sauce**, **1 tablespoon barbecue sauce**, and **1 egg** to bowl. Season with **½ teaspoon salt** and **pepper** as desired. Using your hands, mix well, then divide and form 2 equal loaves, about 2 x 5 inches each (see Recipe Tip). Place **meatloaves** on prepared baking sheet and spread **remaining barbecue sauce** over tops. Set aside.



### 6. Mash Potatoes and Plate

Add **butter**, **maple syrup**, and **minced chipotle** to pot with sweet potatoes. Using a large fork or potato masher, mash until smooth. Taste and add more **salt** and **pepper** as desired. Serve **mashed sweet potatoes** with **meatloaf** and **roasted broccoli**, and dig in!

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