



## Recipe of the Month Sheet Pan Meatloaf and Vegetables



Total Time: 40 minutes Yield: 4 servings

### Ingredients-Mini Meatloafs

- 2 lbs. ground turkey or ground beef
- 1 large egg
- 1/2 cup almond flour
- 1/3 cup chopped onion
- 1-8 ounce can tomato sauce
- 3/4 teaspoon salt
- 1/2 teaspoon cracked pepper
- 2 tablespoons parsley (fresh or dry)
- 2-3 garlic cloves, finely minced
- 2 teaspoons coconut aminos
- 8 tablespoons ketchup, no sugar added

### Ingredients-Veggies

- 8 ounces button mini mushrooms, cleaned
- 1 pound green beans, cleaned
- 1 tablespoon avocado oil
- 1/2 teaspoon garlic powder
- salt and pepper to taste



### INSTRUCTIONS

- Preheat oven to 400 degrees F. Spray a large baking sheet pan with non-stick cooking spray. Set aside. To a large mixing bowl, add ground beef or ground turkey, almond flour, and beaten egg. Mix until just combined. Add the small can of tomato sauce, chopped onions salt, pepper, and parsley. Mix everything together until combined.
- Divide the meatloaf mixture into 8 equal portions. Shape each portion into a loaf and place it evenly apart on one side of the prepared sheet pan. Place in the oven and cook for 10 minutes.
- In a medium bowl, place green beans and toss with avocado oil, garlic powder, salt, and pepper. Mix until evenly coated. At the 10 minute mark, remove the meatloaf and add the green beans and mushrooms to the other side of the sheet pan and top each mini meatloaf with 1 tablespoon ketchup.
- Add back to a sheet pan back to the oven for another 15 minutes or until the internal temperature of the meat reaches 165F.

**Reference:** <https://healthylittlepeach.com/sheet-pan-meatloaf-and-vegetables/>