

Mini Meat Loaves, Green Beans, and Potatoes

Meat loaf in individual portions, fingerling potatoes, and crunchy green beans all on one sheet pan? Count us in.

By **BHG Test Kitchen** | Published on August 25, 2016

Prep Time: 10 mins

Bake Time: 40 mins

Stand Time: 10 mins

Total Time: 1 hrs

Ingredients

Nonstick cooking spray

12 ounce fingerling and/or new potatoes, halved or quartered

1 tablespoon olive oil

Salt and black pepper

1/3 cup barbecue sauce

1/4 cup fine dry bread crumbs

1/4 cup finely chopped onion

1 teaspoon garlic powder

1 pound lean ground beef

8 ounce green beans, trimmed

1 teaspoon olive oil

1/4 cup barbecue sauce

Directions

Step 1

Preheat oven to 400°F. Line a 15×10-inch baking pan with foil; coat foil with cooking spray. Place potatoes in one half of prepared pan. Drizzle with 1 Tbsp. oil and sprinkle with salt and pepper. Bake 20 minutes, stirring once.

Step 2

Meanwhile, in a large bowl combine next four ingredients (through garlic powder). Add ground beef; mix lightly until combined. Shape into four 3 1/2×2-inch meat loaves.

Step 3

In a medium bowl drizzle green beans with 1 tsp. oil and sprinkle with salt and pepper; toss to coat. Place loaves and green beans in pan with potatoes. Bake 20 to 23 minutes more or until loaves are done (160°F)

and potatoes and beans are tender.

Step 4

Spoon 1/4 cup barbecue sauce over meat loaves; cover and let stand 10 minutes. Serve with potatoes and beans.

Nutrition Facts

Per serving: 455 calories; total fat 18g; saturated fat 6g; cholesterol 100mg; sodium 805mg; total carbohydrate 39g; total sugars 16g; protein 34g; vitamin c 15.6mg; calcium 69mg; iron 5mg; potassium 915mg; folate, total 43.8mcg; vitamin b-12 2.8mcg; vitamin b-6 0.7mg