









RECIPE:  
**MEATLOAF COOKING INSTRUCTIONS**

TOTAL  
COOK TIME:  
**30 MIN**

1.  REMOVE the plastic lids from the aluminum containers. REMOVE the tangy meatloaf sauce cup from the container.
2.  PREHEAT your oven to 350°F.
3.  PLACE the meatloaf container on the center rack of your oven and set a timer for 10 minutes.
4.  When the timer goes off, PLACE the mashed potato and broccolini container on the center rack. SET a timer for 20 minutes.
5.  THEN, when the timer goes off, carefully remove the containers from the oven.
6.  PLACE the sauce in the microwave and cook for 30 seconds. Stir the sauce and heat for an additional 15 seconds.

*Serve and enjoy!*

\*\* Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of food borne illness.