Meatloaf with Roasted Potatoes with Brussels Sprouts

35 saltine crackers

1 cup parmesan cheese

2 eggs

1/4 cup milk

1/4 cup soy sauce

1 1/2 Tablespoons fresh thyme

1 clove garlic, minced

1/4 teaspoon red pepper flakes

2 pounds (85% lean) ground beef

1/2 cup ketchup

1 pound small red potatoes, halved

1 pound brussels sprouts, halved

3 Tablespoons olive oil

1 Tablespoon parsley

1/2 teaspoon lemon zest

Crush saltines.

Combine parmesan, eggs, milk, soy, thyme, garlic, red pepper flakes, 1/4 t. salt, 1/4 t. pepper and saltine crumbs.

Add beef and mix with hands.

Transfer mixture to greased, foil lined baking sheet. Shape into 9x5" rectangle.

Brush top and sides of meatloaf with ketchup.

Toss potatoes, brussels sprouts, 2 T. oil, 1/2 t. salt and 1/4 t. pepper together.

Place potatoes and brussels sprouts on sheet, cut side down around meatloaf.

Bake 40-45 minutes at 400 or until temperature registers 160.

Transfer meat to cutting board and let rest 10 minutes.

Stir parsley, lemon zest and 1 T. oil together.

Transfer vegetables to a bowl.  Add parsley mixture and toss to coat.

Slice meatloaf.