

Slow Cooker Meatloaf

A healthy twist on a hearty classic



INGREDIENTS:

2 lbs ground beef
1 egg
1/2 cup gluten-free bread crumbs
1 cup diced onion
1 teaspoon minced garlic
1 teaspoon Italian seasoning
1 teaspoon ground black pepper
1 1/2 teaspoon salt
2 tablespoons milk
2 tablespoons ketchup
2 tablespoons steak sauce

For the glaze:

3 tablespoons ketchup
3 tablespoons steak sauce

DIRECTIONS:

1. Lightly mix bread crumbs, onion, garlic, Italian seasoning, ground pepper, salt, milk, 2 tablespoons ketchup and 2 tablespoons steak sauce together in a large mixing bowl.
2. Add beef and combine so evenly mixed. Form into a loaf and place onto a sheet of aluminum foil.
3. Place meatloaf in slow cooker and cook on high for approximately 2 hours, or on low for about 4 hours. (Times may vary).
4. About 10 minutes before your meatloaf is finished cooking, mix together the remaining ketchup and steak sauce for the glaze and brush over the meatloaf.
5. Let cool slightly before cutting to let the juices settle.

Credit: Food Fanatic



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