

# **Slow-Cooker Meatloaf**

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**Servings: 8**

**Preparation Time: 15 minutes**

**Slow cooker time: 3 hours**

**2 pounds lean ground beef**  
**1 small green pepper, finely chopped**  
**1 small onion, finely chopped**  
**1/2 cup plain bread crumbs**  
**1/4 cup ketchup**  
**1/4 cup parsley, chopped**  
**2 tablespoons 1% milk**  
**2 tablespoons Worcestershire sauce**  
**1/2 teaspoon salt**  
**1/4 teaspoon black pepper**  
**3 tablespoons ketchup**

In a large bowl, stir together the meat, green pepper, onion, bread crumbs, 1/4 cup of the ketchup, parsley, milk, Worcestershire sauce, salt and pepper until well blended.

Fit a long piece of foil into the oval slow cooker so that the ends are hanging over the sides. Press into place.

Spoon the meatloaf mixture onto the foil and form into an oval-shaped loaf.

Spread the remaining three tablespoons of ketchup over the top of the meat mixture.

Cover and cook on HIGH for 3 hours or LOW for 6 hours or until the internal temperature registers 160 degrees on an instant-read thermometer.

To serve, carefully lift the meatloaf out of the slow cooker using the foil handles.

Slice using a serrated knife.

Serve immediately.

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Per Serving (excluding unknown items): 328 Calories; 24g Fat (65.8% calories from fat); 21g Protein; 7g Carbohydrate; 1g Dietary Fiber; 85mg Cholesterol; 408mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 3 Fat; 1/2 Other Carbohydrates.