

Cheddar-Topped Barbecue Meatloaf (Slow Cooker)

David Snofgrass - Columbia, MO
Taste of Home August 2020

Servings: 8

3 large eggs, lightly beaten
3/4 cup old-fashioned oats
1 large (1-1/2 cups) sweet red or green pepper, chopped
1 small onion, finely chopped
1 envelope onion soup mix
3 cloves garlic, minced
1/2 teaspoon salt
1/4 teaspoon pepper
2 pounds lean ground beef (90%)
1 cup ketchup
2 tablespoons brown sugar
1 tablespoon barbecue seasoning
1 teaspoon ground mustard
1 cup Cheddar cheese, shredded

Preparation Time: 20 minutes

Slow Cooker: 3 hours 15 minutes

Cut three strips of heavy-duty foil (18x3-inch). Crisscross so that they resemble the spokes of a wheel. Place the strips on the bottom and up the sides of a three-quart slow cooker. Coat the strips with cooking spray.

In a large bowl, combine the eggs, oats, chopped pepper, onion, soup mix, garlic, salt and pepper. Add the beef. Mix lightly but thoroughly. Shape into a seven-inch round loaf. Place the loaf in the center of the foil strips in the slow cooker.

Cook on LOW until a thermometer reads at least 160 degrees, about three to four hours.

In a small bowl, mix the ketchup, brown sugar, barbecue seasoning and mustard. Pour over the meat loaf. Sprinkle with cheese.

Cook, covered, on LOW until the cheese is melted, about 15 minutes longer. Let stand for 5 minutes.

Using the foil strips as handles, remove the meatloaf to a platter.

Per Serving (excluding unknown items): 146 Calories; 7g Fat (41.6% calories from fat); 7g Protein; 15g Carbohydrate; 1g Dietary Fiber; 95mg Cholesterol; 1041mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1 Fat; 1/2 Other Carbohydrates.