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# Magic Meatloaf (Slow Cooker)

Margaret Howlett

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

**2 pounds ground chuck**  
**1/2 cup green pepper, chopped**  
**1/2 cup onion, chopped**  
**1/2 teaspoon salt**  
**1 cup cracker crumbs**  
**1 egg**  
**1 package (one ounce) brown gravy mix**  
**1 cup milk**  
**4 to 6 small potatoes, cut up**

In a large bowl, combine the ground chuck, green pepper, onion, salt, cracker crumbs, one egg, brown gravy mix and milk. Mix well.

Shape into a loaf. Place the loaf into the bowl of a slow cooker. Add the potatoes around the sides of the loaf. (If the potatoes are peeled, wrap in foil to keep from darkening.)

Cover and cook on LOW heat for eight to ten hours or on HIGH heat for four to five hours.

## Ground Beef

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*Per Serving (excluding unknown items): 3057 Calories; 201g Fat (60.4% calories from fat); 187g Protein; 111g Carbohydrate; 11g Dietary Fiber; 926mg Cholesterol; 1915mg Sodium. Exchanges: 6 Grain(Starch); 24 1/2 Lean Meat; 2 Vegetable; 1 Non-Fat Milk; 25 1/2 Fat.*