

Slow-Cooked Taco Meat Loaf

Lacey Kirsch - Vancouver, WA
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Servings: 8

2 cups crushed tortilla chips
1 cup (4 ounce) shredded Cheddar cheese
1 cup salsa
2 eggs, lightly beaten
1/4 cup sliced ripe olives
1 envelope taco seasoning mix
2 pounds lean (90%) ground beef
1/2 cup ketchup
1/4 cup packed brown sugar
2 tablespoons Louisiana-style hot sauce

Preparation Time: 20 minutes

Slow Cooker: 3 hours

Cut four 20x3-inch strips of heavy-duty foil. 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 tortilla chips, Cheddar cheese, salsa, eggs, olives and taco seasoning. Crumble the beef over the mixture. Mix well. Shape into a round loaf. Place the loaf in the center of the strips. Cover.

Cook on LOW for three to four hours or until no pink remains and a thermometer reads 160 degrees.

In a bowl, combine the ketchup, brown sugar and hot sauce. Pour over the meat loaf during the last hour of cooking. Let stand for 10 minutes.

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

Per Serving (excluding unknown items): 231 Calories; 11g Fat (41.5% calories from fat); 7g Protein; 27g Carbohydrate; 2g Dietary Fiber; 68mg Cholesterol; 815mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 1 Other Carbohydrates.

