



LowFat Slow Cooker Glazed Meatloaf

Savannah · 30/09/2024



Prep Time

7 hrs 15 mins

Difficult

Medium

Servings

6

Description

This slow cooker meatloaf is lower in fat and cholesterol because you use 12 ground round and 12 ground turkey breast This meatloaf will be moist but not as greasy as other recipes for a slow cooker May have some for leftovers too

Ingredients

- - cooking spray - 1 ½ pounds ground round beef - 1 pound ground turkey breast - ¾ cup unseasoned dry bread crumbs - 1 (1 ounce) package dry onion soup mix - 1 tablespoon parsley flakes - ½ teaspoon ground black pepper - ¼ teaspoon garlic powder - 3 eggs
- slightly beaten - ¼ cup ketchup - 1 tablespoon Dijon mustard - 3 tablespoons ketchup
- or to taste - 1 tablespoon brown sugar

Instructions

1. Grease a slow cooker with cooking spray. Combine ground round and turkey in a bowl; mix until fully combined. Stir in bread crumbs
2. soup mix
3. parsley flakes
4. black pepper
5. and garlic powder. Add eggs
6. 1/4 cup ketchup
7. and mustard; mix well. Form meat mixture into a loaf. Place in the slow cooker. Cook on High until no longer pink in the center
8. about 6 hours. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C). Mix 3 tablespoons ketchup and brown sugar together in a small bowl to make the glaze. Spread over the meatloaf; continue cooking until glaze is set
9. about 1 hour more. Cook's Note: If meatloaf is browning too quickly
10. turn the slow cooker setting to Low for 1 additional hour after applying the glaze.