

Slow Cooker / Crockpot Meatloaf

Yield: 8 min
Total Time: 270 min

Recipe from: <https://www.recipeschoose.com/recipes/crock-pot-recipe-for-mexican-meatloaf>

Ingredients:

- 2 large eggs beaten
- 2/3 pound ground beef
- 1/3 pound ground turkey
- 1/4 cup tomato paste
- 2 teaspoons Dijon mustard
- 1 tablespoon monk fruit golden, sweetener, OR coconut sugar / brown sugar if not low carb
- 1/4 cup super-fine almond flour blanched, OR finely crushed pork rinds
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried marjoram
- salt
- pepper to taste
- 3 tablespoons finely chopped fresh parsley
- 1 stalk diced celery
- 1/2 onion medium, minced
- 2 cloves minced garlic
- 1 cup ketchup sugar free, use Whole30 or low carb brand as needed
- 1/4 cup monk fruit golden, sweetener, OR coconut sugar / brown sugar if not low carb
- 2 tablespoons worcestershire sauce use Whole30 compliant as needed
- 2 tablespoons red wine vinegar or apple cider vinegar
- 2 tablespoons Dijon mustard
- 1 teaspoon cayenne pepper optional or to taste

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 95 milligrams
4. Fat: 11 grams

5. Fiber: 2 grams
 6. Protein: 15 grams
 7. SaturatedFat: 3 grams
 8. Sodium: 600 milligrams
 9. Sugar: 9 grams
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