

Slow Cooker Mexican Meatloaf

Yield: 6 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-meatloaf-slow-cooker-recipe>

Ingredients:

- 2 tablespoons olive oil
- 1 onion chopped
- 1 jalapeño minced
- 1 clove garlic minced
- 1 pound ground beef
- 1 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1/2 cup rolled oats coarsely ground in a food processor
- 1 egg
- 1 cup diced tomatoes in juice
- 1 clove garlic minced
- 1 tablespoon honey
- 1 tablespoon lime juice
- 1 chipotle chili in adobo sauce canned
- 1/4 teaspoon sea salt

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 85 milligrams
4. Fat: 17 grams
5. Fiber: 2 grams
6. Protein: 17 grams
7. SaturatedFat: 5 grams
8. Sodium: 360 milligrams
9. Sugar: 5 grams
10. TransFat: 1 grams

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