

# Crock Pot Meatloaf

Yield: 4 min  
Total Time: 250 min

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

## Ingredients:

- lean ground beef
- 1 cup diced onion finely, I like to use frozen diced onion to eliminate any chopping or prep work, but you can sub with a medium fresh...
- 2 eggs
- 1/2 cup breadcrumbs I used Italian seasoned breadcrumbs, but any variety will work
- 2 tablespoons Worcestershire sauce
- 1 1/2 teaspoons salt
- 3/4 teaspoon pepper
- 1/4 teaspoon dried thyme
- 1/2 cup ketchup

## Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 105 milligrams
4. Fat: 3 grams
5. Fiber: 1 grams
6. Protein: 5 grams
7. SaturatedFat: 1 grams
8. Sodium: 1430 milligrams
9. Sugar: 10 grams

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