

# Slow Cooker Meatloaf

Old-fashioned meatloaf made with saltine crackers cooked in the slow cooker.

| Prep Time | Cook Time | Total Time    |
|-----------|-----------|---------------|
| 15 mins   | 5 hrs     | 5 hrs 15 mins |



Course: Main Course Cuisine: American

Keyword: Slow Cooker Meatloaf Servings: 6 Calories: 445kcal

Author: Sarah Olson

★★★★★  
5 from 12 votes

## Equipment

- Slow Cooker- 6 quart or larger

## Ingredients

- 3 large eggs
- 1 cup diced white onion
- 1 cup diced red or green bell pepper
- 1/3 cup ketchup
- 1/4 cup milk
- 1/4 tsp. onion powder
- 1/2 tsp. salt
- 1/4 pepper
- 25 saltine crackers
- 2 lbs. 10% fat ground beef

## For the Sauce

- 1 cup ketchup
- 1 Tbsp. brown sugar
- 1 tsp. mustard

## Instructions

1. In a large bowl, add the eggs ,onion, bell pepper, ketchup, milk, onion powder, salt, and pepper. Crush the saltine crackers in next, and mix this all together with clean hands. Add the meat next, only mixing everything until it just comes together.
2. Spray a 6-quart slow cooker with non-stick spray, and shape the meat into a loaf on the bottom of the slow cooker.
3. Cover, and cook on LOW for 5-6 hours, without opening the lid during cooking time.
4. Scoop out the fat with a spoon, discard.
5. Mix together the sauce ingredients, and spoon over meatloaf.
6. Cover and cook for 30 more minutes on LOW if you want the sauce heated. Serve and enjoy!

## Notes

## Can I use Ritz cracker or oatmeal instead of Saltine crackers?

Yes, if you don't have saltines you can use 1 cup crushed Ritz cracker or 1 cup of oatmeal.

### Nutrition

Calories: 445kcal | Carbohydrates: 31g | Protein: 36g | Fat: 19g | Saturated Fat: 7g | Cholesterol: 181mg | Sodium: 918mg | Potassium: 808mg | Fiber: 1g | Sugar: 17g | Vitamin A: 1186IU | Vitamin C: 36mg | Calcium: 63mg | Iron: 5mg

Slow Cooker Meatloaf <https://www.themagicalslowcooker.com/slow-cooker-meatloaf/>