

# Crock Pot Meatloaf



This family favorite is now even easier to make!

This recipe requires no lead up. You know it, you like it, you probably have had it a million times with just as many little variations. Let's go simple and make a flavorful loaf for dinner that will please the whole family. Meatloaf also reheats and freezes well, so if you happen to have leftovers (yeah right!) go ahead and have a meatloaf sandwich for lunch tomorrow.

*One note: You can make this with a mix of meats, if you prefer. Try half beef, half turkey or a mix of beef and bison. The directions stay the same, but the flavor and texture will change slightly.*

## Crock Pot Meatloaf

(serves 4-6)

1 pound 90/10 ground beef

1 egg

2 T. minced sweet onion

1/2 c. panko bread crumbs

1 T. brown sugar

1 T. ketchup (one good squirt!)

1/2 t. dried dill

1 t. fresh thyme leaves



Mix all ingredients together and form into a loaf shape. Put in crock pot or on trivet insert if you have one available. Cook on low for 4 hours.

(If you need a trivet for your crock pot, try this one: <http://amzn.to/1Iopz4m>)