

Slow Cooker Meatloaf

(serves 6-8)

INGREDIENTS:

- 2 tablespoons extra virgin olive oil
- 2 onions, chopped
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 3 tablespoons reduced sodium soy sauce
- 2 tablespoons tomato paste
- 1/3 cup chicken broth
- 3 pounds ground beef
- 1/2 cup Italian style breadcrumbs
- 1 1/2 tablespoons dried parsley
- 2 eggs
- 1/2 cup ketchup

DIRECTIONS:

- Heat the olive oil in a skillet over medium-high heat.
- Add the onions and cook until translucent and soft, about 10 minutes.
- Season the onions with the salt and pepper.
- Add the soy sauce and tomato paste.
- Stir to combine and let cook for a minute.
- Pour in the chicken broth.
- Stir, bring to a lively simmer, and remove from the heat and let cool.
- Place the meat in a large bowl.
- Add the breadcrumbs, parsley, and eggs.
- Add the onion mixture.
- Mix to fully incorporate all ingredients.
- Line your slow cooker with tin foil.
- Place the meat mixture into the slow cooker.
- Form into a loaf.
- Spread the ketchup over the top of the meatloaf.
- Cover and cook on low for 4 hours, until the internal temperature of the meatloaf is 160°.