



# Crockpot BBQ Meatloaf

## INGREDIENTS

### ***Meatloaf Ingredients***

- 1-1/2 lb ground turkey breast (using 96/4 ground beef will increase points to 6/serving)
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 tsp ground sage
- 1 tsp oregano
- 1/2 tsp ground mustard
- 1 Tbsp Worcestershire sauce
- 1/2 Tbsp minced garlic
- 1 shallot, minced
- 1/3 cup seasoned bread crumbs
- 1/4 cup Velveeta shreds
- 1 egg
- (Red and/or green bell pepper optional)

### ***Topping Ingredients***

- 2 Tbsp ketchup
- 2 tsp brown sugar
- 2 tsp Dijon mustard
- 2 tsp Worcestershire sauce

## DIRECTIONS

1. Mix all meatloaf ingredients in a bowl until well combined.
2. Form into a loaf shape to fit in Crockpot.
3. Fold a long piece of aluminum foil in half lengthwise and place along crock pot (this will be used to pull meatloaf out of crock pot).
4. Spray crock pot and foil with olive oil spray.
5. Place loaf in crock pot on foil. Cook on high for 3 to 4 hours or low for 6 to 8 hours.
6. Combine topping ingredients in a bowl until mixed well.
7. Spread on top of meatloaf for final 30 minutes of cook time.
8. Cut into six slices (yields one slice per serving).

### NUTRITION FACTS

Serves: 6

Amount Per Serving

- Calories 188
- Total Fat 3 g
- Saturated Fat 1 g
- Cholesterol 104 mg
- Sodium 537 mg
- Total Carbohydrate 10 g
- Dietary Fiber 1 g
- Sugars 4 g
- Protein 31 g
- myWW Blue: 2
- myWW Purple: 2
- myWW Green: 3

This recipe can be found at:

<https://planningushealthy.com/crock-pot-bbq-meatloaf>

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