



Dad's Crock Pot Meat Loaf

Prep Cook Time: 15 minutes

SERVES: 4-6

Ingredients:

1 lb. ground beef
1 egg
1 sliced bread; cut into small cubes
 $\frac{1}{4}$ cup milk
1 teaspoon salt
1 cup diced onion
Dash of pepper and ketchup

Steps:

1. In a mixing bowl, beat egg and add bread cubes. Add enough milk to moisten.
2. Add hamburger and chopped onion, mix together with your hands.
3. Season to taste with salt and pepper.
4. Place in crock pot; shape to fit and flatten.
5. Cover top with ketchup. Cook on low for approximately 8-12 hours.