

Cheddar-Topped Barbecue Meat Loaf

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Taste of Home Recipe Book 2015

Servings: 8

Preparation Time: 20 minutes

Cook Time: 3 minutes

3 eggs, lightly beaten

3/4 cup old-fashioned oats

1 large (about 1-1/2 cups) sweet red or green pepper, chopped

1 small onion, finely chopped

1 envelope onion soup mix

3 cloves garlic, minced

1/2 teaspoon salt

1/4 teaspoon pepper

2 pounds lean (90%) ground beef

1 cup ketchup

2 tablespoons brown sugar

1 tablespoon barbecue seasoning

1 teaspoon ground mustard

1 cup (4 ounce) shredded Cheddar cheese

Cut three 18x3-inch strips of heavy-duty foil. Crisscross so that they resemble the spokes of a wheel/ Place the strips on the bottom and up the sides of a three-quart slow cooker. Coat the strips with cooking spray.

In a large bowl, combine the eggs, oats, chopped pepper, onion, soup mix, garlic, salt and pepper. Add the beef. Mix lightly but thoroughly. Shape into a seven-inch round loaf. Place the loaf in the center of the strips in the slow cooker.

Cook on LOW for three to four hours or until a thermometer reads at least 160 degrees.

In a small bowl, mix the ketchup, brown sugar, barbecue seasoning and mustard. Pour over the meatloaf and sprinkle with cheese.

Cook, covered, on LOW for 15 minutes longer or until the cheese is melted.

Let stand for 5 minutes.

Using the strips as handles, remove the meat loaf to a platter.

Per Serving (excluding unknown items): 146 Calories; 7g Fat (41.6% calories from fat); 7g Protein; 15g Carbohydrate; 1g Dietary Fiber; 95mg Cholesterol; 1041mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1 Fat; 1/2 Other Carbohydrates.