



MOZZARELLA STUFFED CROCKPOT MEATLOAF

Recipe adapted from Diethood

INGREDIENTS

- 1.5 pounds ground beef
- 1 cup panko breadcrumbs
- 1 small yellow onion, shredded
- 3 cloves garlic, minced
- 1 teaspoon Italian Seasoning
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon ground mustard
- 1 egg, lightly beaten
- 1/2 cup 2% milk
- 2 tablespoons Worcestershire Sauce
- 8 ounces shredded mozzarella cheese
- 1/3 cup barbecue sauce
- 2 tablespoons ketchup
- 2 tablespoons honey
- 1 tablespoon Worcestershire sauce
- chopped fresh parsley, for garnish

DIRECTIONS

1. Line a 6-quart slow cooker (or a bigger slow cooker) with a large sheet of aluminum foil. Grease with cooking spray and set aside.
2. In a large mixing bowl combine ground beef, breadcrumbs, onions, garlic, Italian Seasoning, salt, pepper, ground mustard, egg, milk, and Worcestershire sauce. Mix with your hands until combined, but **DO NOT** overmix.
3. Divide meat in half and press one-half of the meat into the bottom of the slow cooker.
4. Spread shredded mozzarella down the center, leaving about 1/2 inch space around the sides.
5. Top with remaining meat and shape it into a loaf, and press around to seal the edges. Set aside.
6. In a small mixing bowl, whisk together the barbecue sauce, ketchup, honey, and Worcestershire sauce.
7. Brush half of the glaze over the meatloaf. Reserve the remaining half for later.
8. Cover and cook on **LOW** for 6 hours or on **HIGH** for 3 to 4 hours. Meatloaf is done when the temperature reaches 160°F.
9. Lift out the meatloaf by holding onto the foil; transfer to a baking dish and top with the rest of the glaze.
10. Pop it under the broiler for 3 to 4 minutes, or until browned.
11. Remove from oven and let rest for 10 minutes.
12. Garnish with parsley and serve.

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