

Slow cooker Meatloaf made 'bloke' easy all whilst you're on the water fishing!

Ingredients...

1 cup of bread crumbs
500 grams minced beef
1 finely chopped onion
2 pinches Italian seasoning
2 pinches of salt
2 eggs
1 clove minced garlic
3 good squirts of tomato sauce
1 dollop of Dijon mustard
1 pinch of pepper

Do this...

1. Fold two strips of foil long enough to fit from the top of the cooker, down inside and up the other side leave a 5-10cm overhang on each side. This will act as a handle when removing loaf!
2. Combine breadcrumbs, mince, onion, Italian seasoning, salt, eggs and garlic in a bowl.
3. Mould your loaf to fit into the cooker.
4. Place into cooker.
5. Mix together tomato sauce, mustard and pepper. Spread over top of loaf.
6. Cook on low for 5-6 hours.
7. When cooked, using the foil over hang, pull loaf gently out of the cooker and place loaf on warm platter.
8. Remove foil and discard.
9. Allow loaf to rest for 10mins before slicing

Alternatives/ additions...

Can add a cup of sliced mushrooms, peas or corn if desired...

Try BBQ sauce instead of tomato