

Crock Pot Meatloaf Recipe (With Instant Pot option)

Make delicious meatloaf ahead of time in the slow cooker or at the last minute in the Instant Pot.



Prep Time	Cook Time	Resting time	Total Time
10 mins	4 hrs	15 mins	4 hrs 10 mins



4.13 from 32 votes

Course: Main, Slow-Cooker Cuisine: American Servings: 8 people

Calories: 183kcal Author: Katie Wells

Ingredients

- 2 lbs ground beef (or bison, turkey, or a combination)
- 1 medium onion (minced or pureed)
- 3 TBSP Worcestershire sauce
- 1 tsp garlic powder
- 1½ tsp salt
- ¾ tsp black pepper
- 2 eggs

Instructions

1. Combine all the ingredients in a medium sized bowl and mix lightly with hands to combine.

To cook in the Crock Pot

1. Shape into a loaf and place it centered in the Crock Pot, making sure the edges of the meat aren't touching the edges.
2. Put the lid on and cook on low for 6-8 hours or high for 4 hours.
3. When cooked, turn the Crock Pot off and let the meatloaf rest for about 15 minutes with the lid off before slicing.
4. Top with homemade ketchup (optional) and serve.

To cook in the Instant Pot

1. Put the trivet in the bottom of the Instant Pot and pour in 1 cup of water.
2. Shape the meat into a loaf and place in a dish that fits into the Instant Pot.

3. Put on the lid, set valve to seal, and pressure cook for 25 minutes with a quick pressure release.
4. When cooked, turn the Instant Pot off and let the meatloaf rest for about 10 minutes with the lid off before slicing.

Notes

- Avoid dirtying extra dishes by putting in a dish that will fit in your Instant Pot or slow cooker before putting the meat in it -- try a stainless steel pan.

Nutrition

Calories: 183kcal | Carbohydrates: 3g | Protein: 26g | Fat: 7g | Saturated Fat: 3g |
Cholesterol: 111mg | Sodium: 590mg | Potassium: 483mg | Fiber: 1g | Sugar: 1g |
Vitamin A: 59IU | Vitamin C: 2mg | Calcium: 26mg | Iron: 3mg