

# EASY CROCKPOT MEATLOAF

RECIPE FROM: Stockpiling Moms  
COOK TIME: 8-10 hours on LOW  
SERVES: 4-6



## INGREDIENTS

2 eggs, beaten  
½ cup milk  
2/3 cup bread crumbs  
½ cup onion, chopped  
1 tsp salt  
¼ tsp pepper  
½ tsp sage  
1 ½ lb lean ground beef  
ketchup or BBQ sauce



## DIRECTIONS

1. Combine eggs, milk, bread crumbs, onion, salt, pepper, sage, and beef.
2. Shape meat mixture into a loaf and place in a labeled freezer bag.
3. Freeze for up to three months.
4. When ready to eat, place frozen meatloaf in a slow cooker and cover with ketchup or BBQ sauce.
5. Cook on LOW for 8-10 hours.