

## Crockpot Meatloaf & potatoes

6 potatoes

2 cup cornflakes

1 small onion chopped

1 Carrot, peeled

1 clove of garlic

( ½ teaspoon dried minced garlic)

1 Tablespoon fresh parsley

( 1 teaspoon dried )

1 Tablespoon fresh Oregano

( 1 teaspoon dried )

¼ teaspoon Salt and Pepper

2 pounds hamburger

¾ cup ketchup

2 Eggs

Sauce (Mix together)

1 cup ketchup

¼ cup brown sugar

1 teaspoon smoke sauce



Clean potatoes. Place in bottom of crock pot.

Line crock pot with tinfoil to create a bowl over top of potatoes.

Process cereal in food processor to turn into crumbs, put in a bowl. Process onion carrots and spices in food processor, add to cereal. Mix in hamburger, ketchup, onion and eggs until well combined. Put in crock pot.

Top with sauce. Cook on low for 8 hours.

<http://www.lincolntent.com/GFCF-Beef.html>