

RECIPE:

Meatloaf

Slow cooker directions

- Step 1:** Thaw freezer bag in fridge 12-24 hours before cooking.
- Step 2:** Remove plastic wrap from meatloaf, leaving the aluminum wrap on.
- Step 3:** Place aluminum wrapped meatloaf into slow cooker.
- Step 4:** Cook on low 5-6 hours.
- Step 5:** Remove meatloaf from slow cooker and remove aluminum foil. Place unwrapped meatloaf back into slow cooker, top meatloaf with glaze, and cook on low an additional 30 minutes.
- Step 6:** Serve and enjoy!

Instant pot directions

- Step 1:** Thaw freezer bag in fridge 12-24 hours before cooking.
- Step 2:** Place trivet in base of instant pot, and unwrap meatloaf entirely. Remove both plastic wrap and aluminum foil.
- Step 3:** Place meatloaf upon trivet in instant pot, add 1/2 cup water to base of instant pot.
- Step 4:** Set to High Pressure for 25 minutes, then allow a 10-minute natural release followed by a quick release.
- Step 5:** Carefully remove the meatloaf from the Instant Pot using the trivet handles. Spread your glaze over the top. Optional. Broil in the oven for a few minutes until the glaze is bubbly and slightly caramelized.

Expiration date: _____



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