

Slow Cooker Santa Fe Meatloaf

Active Time

20 Mins

Total Time

5 Hours 30 Mins

Yield

Serves 6 (serving size: 2 slices)

By GINA HOMOLKA September 2017

COOKING LIGHT

Oven-baked meatloaf can turn dry, but the moisture-sealing magic of the slow cooker makes this one melt in your mouth.

Ingredients

1 1/2 pounds 93% lean ground turkey

2/3 cup plus 2 Tbsp. mild red
enchilada sauce, divided

1/2 cup quick oats

1/2 cup chopped green onions

1/3 cup plus 1 Tbsp. fresh or frozen
corn kernels, divided

5 tablespoons canned unsalted black
beans, rinsed, drained, and divided

1/2 cup chopped fresh cilantro

1 1/2 teaspoons ground cumin

1 teaspoon kosher salt

1 teaspoon onion powder

1 (4-oz.) can mild chopped green
chiles, drained well

1 large egg, lightly beaten

1 garlic clove, crushed or grated

1 1/2 ounces preshredded Mexican
cheese blend (about 1/3 cup)

How to Make It

Step 1 Cut parchment paper to about 15 x 9 1/2 inches to form a sling to allow you to easily insert and remove the meatloaf from your slow cooker.

Step 2 Combine turkey, 2 tablespoons enchilada sauce, oats, onions, 1/3 cup corn, 1/4 cup black beans, chopped cilantro, cumin, salt, onion powder, chiles, egg, and garlic. Mix everything well using clean hands, and then shape into a 9- x 5-inch oval loaf flattened slightly on top. Place loaf onto prepared parchment paper; while holding edges of paper, carefully insert into a 5- to 6-quart slow cooker (make sure lid closes well without the paper getting in the way). Cover, and cook on low for 6 hours or high for 3 hours.

Step 3 Pull loaf out of slow cooker using parchment sling; set aside. Wipe parchment clean; drain liquid from bottom of slow cooker. Return loaf to slow cooker using parchment sling. Cover loaf with remaining 2/3 cup enchilada sauce, cheese, jalapeño (if using), remaining 1 tablespoon corn, and remaining 1 tablespoon black beans.

Step 4 Cover and cook on high until cheese is melted, about 10 minutes. Garnish with cilantro leaves, if desired. Pull loaf out of slow cooker; cut into 12 slices.

1 jalapeño, thinly sliced (optional)

Cilantro leaves (optional)

Nutritional Information

- Calories 213, • Fat 10g, • Satfat 3g,
- Unsatfat 6g, • Protein 23g,
- Carbohydrate 13g, • Fiber 2g,
- Sodium 607mg, • Calcium 8% DV,
- Potassium 4% DV, • Sugars 1g,
- Added sugars 0g.