

Kim's IP Meatloaf

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Recipe came from Kim at agirlandherphone.net I changed very little

Serves 6

All Plans – 7 points per serving

- 1 egg
- 1 Tbsp minced onion
- 1 tsp pepper
- 1 1/2 tsp paprika
- 1 1/2 tsp dry mustard
- 1 1/2 tsp onion salt
- 1 1/2 tsp garlic powder
- 1 1/2 pounds ground beef (points based on 93% lean)
- 1/2 small onion, grated
- 4 oz Cabot 75% Reduced Fat Cheese, shredded
- 3 oz crushed saltine crackers (original recipe calls for Ritz, I don't have them)
- 2 lb potatoes, quartered ****NOT COUNTED IN POINTS, COUNT SEPARATELY****
- 2 cups chicken broth
- 1/2 cup no sugar BBQ sauce, ketchup or whatever sauce you like

1. In a small bowl, beat egg. Add spices and mix well.

2. In a large bowl, place ground beef. Add egg mixture and

mix.

3. To meat mixture, add onion, cheese and cracker crumbs. Mix until well combined (I use my hands)
4. Place meat mixture on a piece of foil, large enough to wrap around meat.
5. Shape meat into a loaf. Poke a few holes down the center using your finger.
6. Gather foil around meatloaf.
7. Place potatoes in the bottom of the Instant Pot. Pour in 2 cups chicken broth
8. Put trivet on top of potatoes. Place meatloaf on the trivet.
9. Cook for 30 minutes on high pressure. Let natural release for 10 minutes.
10. Place meatloaf on a baking pan, open foil. Top with your choice of topping (BBQ sauce, ketchup, a combo of ketchup, brown sugar and Worcestershire sauce – whatever you like) and place under broiler for a few minutes until caramelized.