

Slow Cooker Ground Chicken Meatloaf



RANDY'S EAT SHOP
Recipes that Rock!

- 3 lb ground chicken
- 2 cups uncooked rolled oats
- 2 cans diced green chilis
- 1 egg
- 2 tbsp chili powder
- 1 1/2 tsp ground cumin
- 1 cup enchilada sauce*
- 1 tsp smoked paprika
- 1 tsp coarse salt
- 1 tsp ground pepper
- Olive oil - preferably garlic-infused to spray but regular Virgin is OK

*Canned enchilada sauce is OK to use, BUT, this meatloaf will be exceptional if you make your own enchilada sauce following the recipe in this blog post. If you're going to make your own enchilada sauce, make it first before mixing up the meatloaf ingredients.

Enchilada Sauce

The ingredients below are a doubling of the recipe as some of the enchilada sauce will go into the meatloaf mixture and some will be leftover to top the meatloaf before cooking and then to add to a slice when eating.

- 3-4 tbsp Olive oil - preferably garlic-infused but regular Virgin is OK
- 6 tbsp chili powder
- 6 tbsp all-purpose flour
- 2 tsp cocoa powder
- 1 tsp ground cumin
- 2 tsp oregano
- 1 tsp Aleppo pepper
- 1 tsp coarse salt
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 cups tomato sauce (two 8 oz cans)
- 1-2 chipotle chili peppers based on your heat preference, chopped
- 2-3 cups of water

Continued

Mix the dry spices and flour together in a bowl. Have the water and tomato sauce ready to use. Put the oil in a medium to large sauce pan and heat. With a whisk, whisk the spices and flour into the oil — it will thicken up FAST. Add a little of the water to keep it smooth and prevent burning. Add the tomato sauce and keep stirring. Add the remaining water and thicken the sauce — stop adding water when you get the sauce to the consistency you desire. The consistency should be like thick gravy or chocolate sauce. Set it aside to cool.

Next, place 2 cups of uncooked rolled oats in a food processor or blender. Grind the oatmeal into a “meal” versus a fine powder. (Note: do not use commercially produced oat flour. It is too fine and will spoil your meatloaf.) It should look a little bit like sawdust.

Place the ground meal in a large mixing bowl. Add the rest of the dry ingredients and stir the ingredients to ensure it’s evenly mixed. Add the ground chicken, green chilis, egg and enchilada sauce to the bowl. Make sure your hands are clean and then mix all the ingredients in the bowl with your hands. Watch as you squeeze and tumble the mixture to see that the ingredients are evenly mixed.

To prepare your slow cooker, spray or spritz the olive oil on the bottom and walls of the slow cooker. Then, take a piece of aluminum foil (I suggest a piece twice as long as you think you need and then fold it over to double the strength) and press it down into the slow cooker making a cradle for the meatloaf to sit in. Spray or spritz olive oil on the bottom and walls of the foil cradle. This is how you will extract the meatloaf from the slow cooker when it’s fully cooked.

With your hands, add the meatloaf mixture into the slow cooker and pat it down so it has a flat top. Add some of the enchilada sauce to the top of the meatloaf and spread it over with a spoon to coat the top. Now you’re ready to cook. Slow cookers are notorious for being highly irregular in their heat. I jokingly say my slow cooker gets so hot on the “lo” setting that you could fry an egg. So I usually cook my meatloaf about 4 hours on the lo setting and then check it with an instant read thermometer. But you know your slow cooker better so adjust the cooking time as needed. The USDA recommends cooking ground chicken to a minimum internal temperature of 165°F (73.9°C) to ensure it’s safe to eat.

When done I take the cooker out of the heating unit and let it cool down a bit, maybe 15 minutes. Then I grab the foil, left and right, and pull the meatloaf out of the cooker and let it cool longer on a baker’s cooling rack (leave it on the foil while it cools) until I know it will allow me to slice it.

Enjoy! And remember, every day is Friday on the patio.

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