

American Crock Pot Haggis

Adapted from various sources.

- 1 pound ground beef
- 1 pound ground lamb or ground turkey or ground beef (again)
- 2 chopped red onions (doesn't need to be diced, largish chunks are okay)
- 2 cups oats (if you are gluten free, make sure your oats are certified GF)
- generous pinch each of nutmeg, cloves, cinnamon
- 1 tsp cayenne pepper
- 1 tsp black pepper
- 2 tsp salt
- 2 eggs
- 1 cup broth or stock

In a large mixing bowl, mix all of the ingredients, minus the broth, the same way you'd make a meatloaf.

Spray your crockpot with cooking spray.

Place meat, shaped in to two loaves, in to your crockpot.

Pour in your broth.

Cover and cook on low for 6-7 hours, or on high for about 4. This is cooked fully when it has browned on the edges and is beginning to brown on top. Don't overcook and risk drying out.