

Slow Cooker Italian Meatballs

Prep Time: 20 Min Cook Time: 6 Hours Total Time: 6 Hours, 20 Min



SERVINGS: 8

Nutritional Facts

Serving Size: 3 meatballs

Amount Per Serving

Calories 244 Calories from Fat 58

% Daily Value*

Total Fat 9g	14%
Saturated Fat 3g	17%
Monounsaturated Fat 1g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 84mg	28%
Sodium 910mg	40%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	13%
Sugars 6g	

Protein 25g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

- 1 egg
- 1 egg white
- 1 tsp salt
- 1/3 cup seasoned bread crumbs (leave out for low carb)
- 1 small onion, minced
- 1/4 cup parsley, minced
- 6 garlic cloves, minced
- 1/2 cup Parmesan cheese
- 1 lb 95% lean ground beef
- 1/2 lb lean ground turkey sausage
- 1/2 tbsp olive oil
- 28 oz can crushed tomatoes
- 14 oz can diced tomatoes with Italian seasoning
- 1 tsp red pepper flakes
- 2 tsp Italian seasoning
- 1 cup low sodium chicken broth
- 1 bay leaf

Directions

- 1 Whisk together the egg and egg white in a bowl. Stir in the bread crumbs, 1/4 of the onion, parsley, cheese, and half of the minced garlic cloves.
- 2 Gently mix in the beef and sausage until just combined. Roll out your meatballs to about 1 inch in diameter. You should get around 24. Add them to the crockpot.
- 3 In a saute pan, heat the olive oil over medium heat. Add the remaining onion and cook for 5 minutes until soft. Add the garlic, red pepper flakes, and Italian seasoning. Stir for 30 seconds and add the chicken broth, diced tomatoes, crushed tomatoes, and bay leaf. Taste and season with salt and pepper.
- 4 Pour the sauce over the meatballs and cook on low for 6 hours.

Notes

