

Slow Cooker Turkey Meatballs

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Throw all the ingredients for these turkey meatballs into a crock pot in the morning, set the timer, and indulge in a warm,

hearty meal that night.

Prep Time 20 minutes

Cook Time 6 hours 2 minutes

Total Time 6 hours 22 minutes

Servings 6 servings, 3 meatballs each

Calories 212 kcal

Ingredients

- 1 lb. raw 93% lean ground turkey
- $\frac{1}{2}$ tsp. sea salt or Himalayan salt divided use
- $\frac{1}{2}$ tsp. ground black pepper
- 1 large egg lightly beaten
- $\frac{1}{2}$ cup whole grain panko (Japanese-style breadcrumbs)
- 2 cloves garlic finely chopped
- 2 Tbsp. finely chopped fresh parsley
- 2 Tbsp. grated Parmesan cheese
- 2 tsp. olive oil
- 1 medium onion chopped
- 1 (28-oz.) can whole tomatoes, crushed
- 1 tsp. dried oregano leaves

Instructions for Slow Cooker Turkey Meatballs

1. Combine turkey, $\frac{1}{4}$ tsp. salt, pepper, egg, breadcrumbs, garlic, parsley, and cheese in a large bowl; mix well with clean hands.
2. Roll mixture into eighteen $1\frac{1}{2}$ -inch meatballs. Set aside.
3. Heat oil in large nonstick skillet over medium-high heat.
4. Add half of meatballs; cook, turning occasionally, for 4 to 6 minutes, or until meatballs are browned on each side. Place browned meatballs in a 3-quart slow cooker.
5. Repeat with the remaining meatballs. Set aside.

6. Add onion to same skillet; cook, over medium-high heat, for 4 to 6 minutes, or until onion is translucent.
7. Top meatballs with cooked onion, tomatoes, oregano, and remaining $\frac{1}{4}$ tsp. salt; cook, covered, on low temperature for 5 to 6 hours, stirring once or twice.

Nutrition Facts

Amount Per Serving (3 meatballs)

Calories 212Calories from Fat 81

% Daily Value*

Total Fat 9g14%

Saturated Fat 2g10%

Cholesterol 89mg30%

Sodium 319mg13%

Total Carbohydrates 13g4%

Dietary Fiber 4g16%

Sugars 6g

Protein 19g38%

* Percent Daily Values are based on a 2000 calorie diet.

Nutritional Information (per serving):

Calories: 212

Total Fat: 9 g

Saturated Fat: 2 g

Cholesterol: 89 mg

Sodium: 319 mg

Carbohydrates: 13 g

Fiber: 4 g

Sugar: 6 g

Protein: 19 g

*Original Recipe from Beachbody Blog

Containers

1 Green

1 Red

1 tsp.