

Crock Pot Meatballs

Mega Menu-Mailer Recipe 4 — Assembly Guidelines

In a 1 gallon freezer bag combine:

- 1/4 cup ketchup
- 2 tablespoons brown sugar
- 2 teaspoons lemon juice
- 10 ounces canned jellied cranberry sauce
- 1 cup jarred chili sauce



Volume 2



Serves 4

Seal bag and set aside.

In a large bowl combine:

- 1 pound extra-lean ground beef
- 2/3 cup dry bread crumbs
- 1 egg white
- 2 tablespoons minced fresh onion

Mix the ingredients thoroughly; shape mixture into 8 - 2" inch diameter meatballs. Place the formed meatballs into the 1 gallon bag containing your sauce. Gently and carefully squeeze the bag to force out any air then seal the bag.

For best results, place filled bag into a 2nd freezer bag and seal it. On the outside bag, label or write the recipe title/number and today's date using a Sharpie marker (it's the only brand that doesn't run in the freezer!) on the bag and place in the freezer.

(Place the bag in a part of the freezer so it and its contents can freeze flat and you're meatballs won't get squished.)

Crock Pot Meatballs

Mega Menu-Mailer Recipe 4 — Cooking Instructions

Preassembled Ingredients

- 1/4 cup ketchup
- 2 tablespoons brown sugar
- 2 teaspoons lemon juice
- 10 ounces canned jellied cranberry sauce
- 8-ounces chili sauce
- 1 pound extra-lean ground beef
- 2/3 cup dry bread crumbs
- 1 egg white
- 2 tablespoons minced fresh onion



Volume 2



Serves 4

At time of cooking ingredients

Parsley sprigs-OPTIONAL

Remove preassembled Crock Pot Meatballs from the freezer and defrost. (For help with this, see defrost instructions.)

Place meatballs and sauce in a crock pot.

Cover crock pot and cook on low-heat setting for 6 to 8 hours depending on your crock pot. Garnish with parsley, if desired. (If you will be away from the house for more than 8 hours, you may wish to add 1/2 a cup of water to help lessen the chance of burning.)

Serving Suggestions: Serve with brown rice, steamed broccoli and a nice green salad for an easy dinner.

Nutrition per serving: 519 Calories; 21g Fat; 25g Protein; 59g Carbohydrate; 3g Dietary Fiber; 78mg Cholesterol; 445mg Sodium. Exchanges: 1 Grain (Starch); 3 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 3 Other Carbohydrates.