

## Slow-Cooker Meatballs

- 1 1/2 lb. ground beef
- 1/4 cup freshly chopped parsley, plus more for garnish
- 1 large egg
- 2 garlic cloves, minced
- 1 teaspoon Himalayan sea salt
- 1/2 teaspoon crushed red pepper flakes

### For Sauce:

- 1 (28-oz.) can crushed tomatoes
- 1 (6-oz.) can tomato paste
- 1/2 yellow onion, finely chopped
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons dried oregano
- 1 garlic clove, minced
- Himalayan sea salt
- Freshly ground black pepper



1. Make meatballs: In a large bowl, mix together beef, parsley, egg, garlic, salt, and red pepper flakes until combined. Form mixture into 24 meatballs and place in slow cooker.

2. Make sauce: In another large bowl, stir together crushed tomatoes, tomato paste, onion, oregano, and garlic and season with salt and pepper. Pour over meatballs.

3. Cook, covered, on low until meatballs are cooked through, 5 to 5 1/2 hours. Garnish with parsley before serving.

Makes 6 servings.

Serving Size = 3 ounces of meatball

Enjoy with 1 cup of fruit and 2 servings of vegetables to complete the meal.

