

RECIPE

Keto Slow Cooker Meatballs



Ready in **4 hours, 25 minutes**

Serves **8-12 people**

Each serving

158 calories

11.6g fat, 4.4g net carbs & 8.2g protein.

Ingredients

—Meatballs—

- 1 ½ pounds ground beef
- ½ cup shredded mozzarella
- ½ cup grated Parmesan cheese
- 2 eggs, beaten
- 3 tablespoons fresh garlic, minced
- ¼ cup fresh parsley
- ¼ cup dried basil
- 1 teaspoon oregano
- 1 tablespoon fresh rosemary, minced
- 1 tablespoon fresh thyme,
- ¼ cup olive oil
- Salt & pepper to taste

—Marinara Sauce—

- 56 ounces crushed tomatoes
- 3 tablespoons olive oil
- 3 tablespoons tomato paste
- ½ onion, sliced
- 1 medium bay leaf

Preparation

1. **Measure out all ingredients.**
2. In a bowl, combine the beef, mozzarella, Parmesan, beaten eggs & minced garlic.
3. **Combine & knead with your clean hands to mix all ingredients thoroughly.** Using your hands, roll the mixture into small meatballs (you can use a small cookie scoop to measure)

4. **In a frying pan**, heat olive oil over medium heat. Add the meatballs in & cook until brown in color.
5. Put cooked meatballs in the slow cooker. Mix together crushed tomatoes & tomato paste.
6. **Pour the tomato mixture** over top of meatballs & add onion & bay leaf. Cook for 3 - 4 hours on low.

Tips

Use zoodle slicer for zucchini noodles or use spaghetti squash for “noodles”.