

Choco Fever Dream

Asian Meatballs Crockpot - Easy Slow Cooker Recipe

15 min Prep time	**4 h** Cook time	**4 h 15 min** Total time
6 Servings	**Easy** Difficulty	**Asian** Cuisine

Ingredients

Meatball Mixture

- [ ] 1½ lbs ground turkey
- [ ] ½ cup panko breadcrumbs
- [ ] 1 egg, lightly beaten
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp fresh ginger, grated
- [ ] 1 tbsp soy sauce
- [ ] ½ tsp black pepper

Sauce

- [ ] ¾ cup low-sodium soy sauce
- [ ] ¼ cup honey
- [ ] ¼ cup rice vinegar
- [ ] 2 tbsp sesame oil
- [ ] 1 tsp chili flakes (optional)
- [ ] 2 green onions, sliced (for garnish)

Instructions

1. In a large bowl, gently combine the ground turkey, breadcrumbs, egg, garlic, ginger, soy sauce, and pepper. Mix just until everything sticks together; over-mixing can make the balls tough.
2. Form the mixture into golf-ball-sized meatballs, about 20 of them, and place them in the crockpot.
3. In a separate bowl, whisk together soy sauce, honey, rice vinegar, sesame oil, and chili flakes. Pour the sauce over the meatballs, ensuring they are mostly covered.
4. Cover and cook on low for 4-6 hours, or on high for 2-3 hours, until the meatballs are cooked through and the sauce has thickened slightly.
5. Before serving, stir in a splash of extra sesame oil if you like, and garnish with sliced green onions. Serve warm with rice or noodles.

Nutrition per serving

280 kcal	22 g	22 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a spicier profile, add a dash of sriracha to the sauce.
- For a crunchier texture, briefly broil the meatballs for 2 minutes after cooking.
- You can double the recipe and store the extra meatballs in the freezer for later.