

Choco Fever Dream

Slow Cooker Salisbury Steak Meatballs

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

Ingredients

Meatballs

- [ ] 1 lb ground beef (80/20)
- [ ] 1/2 cup breadcrumbs
- [ ] 1 egg
- [ ] 1 tsp onion powder
- [ ] 1/2 tsp black pepper
- [ ] 1/2 tsp salt

Sauce

- [ ] 1 cup beef broth (low-sodium)
- [ ] 1/3 cup ketchup
- [ ] 2 tbsp Worcestershire sauce
- [ ] 2 tbsp brown sugar
- [ ] 1 tbsp soy sauce
- [ ] 1 tsp garlic powder

Instructions

1. In a bowl, gently combine ground beef, breadcrumbs, egg, onion powder, pepper, and salt. Form into 1-inch meatballs; avoid packing them tightly.
2. Place meatballs in the slow cooker, spacing them evenly.
3. In a separate bowl, whisk together beef broth, ketchup, Worcestershire sauce, brown sugar, soy sauce, and garlic powder; pour over the meatballs.
4. Cover and cook on low for 6 hours, or on high for 3-4 hours, until the meatballs are tender and the sauce has thickened.
5. Stir gently, sprinkle fresh chopped parsley, and serve hot over mashed potatoes or buttered noodles.

Nutrition per serving

420 kcal	28 g	28 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a thicker glaze, remove the lid for the last 30 minutes.
- A dash of smoked paprika adds a subtle depth without overwhelming the flavor.
- For a spicier twist, stir in a pinch of red pepper flakes with the sauce.