



Crock Pot Teriyaki Meatballs



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Introduction

Crock Pot Teriyaki Meatballs are a delicious and easy-to-prepare dish that blends savory and sweet flavors perfectly. This recipe is ideal for busy weeknights or meal prepping, as it requires minimal effort and can be left to cook throughout the day. The meatballs are incredibly tender and flavorful, making them a favorite among both adults and kids.

Detailed Ingredients with measures

Ground beef - 1 pound
Breadcrumbs - 1/2 cup
Egg - 1 large
Green onion - 1/4 cup, chopped
Garlic powder - 1 teaspoon
Salt - 1/2 teaspoon
Pepper - 1/4 teaspoon
Teriyaki sauce - 1 cup
Water - 1/2 cup

Prep Time

15 minutes

Cook Time, Total Time, Yield

Cook Time: 6 hours on low
Total Time: 6 hours 15 minutes

Yield: Approximately 4 servings



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Detailed Directions and Instructions

Step 1: Prepare the Meatballs

In a large mixing bowl, combine ground beef, breadcrumbs, eggs, garlic powder, onion powder, and salt. Mix until fully combined.

Step 2: Form the Meatballs

Using your hands, shape the mixture into meatballs, approximately 1-inch in diameter.

Step 3: Place Meatballs in the Crock Pot

Arrange the formed meatballs into the bottom of the crock pot in a single layer.

Step 4: Prepare the Teriyaki Sauce

In a separate bowl, mix together the teriyaki sauce, brown sugar, and cornstarch until well combined.

Step 5: Add Sauce to the Meatballs

Pour the teriyaki sauce mixture over the meatballs in the crock pot, ensuring they are evenly coated.

Step 6: Cook the Meatballs

Cover the crock pot and cook on low for 4-5 hours or on high for 2-3 hours until the meatballs are cooked through.

See also Marinated Cheese and Salami Platter

Step 7: Serve

Once cooked, gently stir the meatballs to coat them in the sauce before serving. Enjoy with rice or vegetables.

Notes

Note 1: Meatball Options

You can use ground turkey or chicken instead of beef for a lighter option.

Note 2: Sauce Adjustments

Adjust the amount of brown sugar based on your sweetness preference in the teriyaki sauce.

Note 3: Cooking Time

Cooking times may vary based on your specific crock pot model, so check for doneness.

Note 4: Leftovers

Store any leftovers in an airtight container in the refrigerator for up to 3 days.



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Cook techniques

Using a Crock Pot

Using a crock pot allows for slow cooking, which helps in infusing flavors and tenderizing the meatballs over time.

Preparing the Teriyaki Sauce

Creating the teriyaki sauce from scratch offers more control over the ingredients and flavor, ensuring that it complements the meatballs perfectly.

Forming Uniform Meatballs

Forming uniform meatballs ensures even cooking and consistent flavor in every bite.

Adding Ingredients in Layers

Adding ingredients in layers while cooking helps in achieving the best flavor distribution throughout the dish.

Monitoring Cooking Time

Monitoring the cooking time is essential to prevent overcooking, which could lead to dry meatballs.

FAQ

Can I use frozen meatballs in this recipe?

Yes, frozen meatballs can be used, but make sure to adjust the cooking time as necessary.

What can I serve with teriyaki meatballs?

Teriyaki meatballs can be served with rice, noodles, or steamed vegetables for a complete meal.

How long can I store leftovers?

Leftovers can be stored in an airtight container in the refrigerator for up to 3 days.

See also Creamy Spinach Mushroom Lasagna

Can I make this dish ahead of time?

Yes, you can prepare the meatballs and sauce ahead of time and store them until ready to cook.

Is this recipe suitable for meal prep?

Absolutely! Teriyaki meatballs are great for meal prep and can easily be portioned for future meals.



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Conclusion

The Crock Pot Teriyaki Meatballs are a delicious and easy meal option, perfect for busy days or gatherings. With their savory teriyaki glaze and tender meatballs, they can easily satisfy a crowd, making them a fantastic choice for family dinners or potlucks. Pair them with rice or fresh vegetables for a balanced meal.

More recipes suggestions and combination

Sweet and Sour Meatballs

Combine the same meatball base with a tangy sweet and sour sauce for a delightful twist.

Meatball Subs

Serve the teriyaki meatballs in a toasted sub roll, topped with cheese and grilled vegetables.

Meatball Stir-Fry

Add the meatballs to a quick stir-fry with bell peppers, broccoli, and snap peas for a complete meal.

Asian-Inspired Rice Bowl

Serve the meatballs over a bed of jasmine rice, topped with sesame seeds and green onions.

Teriyaki Meatball Skewers

Thread the meatballs onto skewers with assorted veggies for a fun

grilling option.

Meatball Pizza

Use the teriyaki meatballs as a topping for a unique pizza experience.

Meatball Pasta

Toss cooked pasta with teriyaki sauce and meatballs for a fusion style dish.



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