



# Crock Pot Teriyaki Meatballs



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## Introduction

Crock Pot Teriyaki Meatballs offer a delicious and easy way to enjoy a flavorful dish without much hassle. Perfect for busy weeknights or gatherings, these meatballs are infused with sweet and savory teriyaki sauce, making them a crowd-pleaser. Whether served over rice or on their own, they are sure to satisfy your taste buds.

## Detailed Ingredients with measures

Ground beef: 1 pound

Breadcrumbs: 1 cup

Egg: 1

Garlic powder: 1 teaspoon

Onion powder: 1 teaspoon

Salt:  $\frac{1}{2}$  teaspoon

Pepper:  $\frac{1}{2}$  teaspoon

Teriyaki sauce: 1 cup

Green onions: for garnish

## Prep Time

Prep time for this recipe is approximately 15 minutes. This quick preparation allows you to mix the ingredients and form the meatballs in no time.

## Cook Time, Total Time, Yield

Cook time is around 4 to 6 hours on low or 2 to 3 hours on high in the slow cooker. The total time from start to finish, including prep and cooking, is about 4 hours and 15 minutes. This recipe yields approximately 4 servings, making it perfect for a small family or gathering.



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# Detailed Directions and Instructions

## Step 1: Prepare the Meatballs

In a mixing bowl, combine ground beef, panko breadcrumbs, egg, garlic powder, and salt. Mix well until all ingredients are evenly combined.

## Step 2: Form the Meatballs

Using your hands, shape the mixture into meatballs approximately 1 inch in diameter. Place the meatballs on a baking sheet.

## Step 3: Brown the Meatballs

In a large skillet over medium heat, add a drizzle of oil. Once hot, add the meatballs in batches. Brown them on all sides for about 5-7 minutes. Remove from the skillet and set aside.

See also [No-Fail Crispy Roasted Potatoes Recipe](#)

## Step 4: Prepare the Sauce

In a bowl, mix together soy sauce, brown sugar, rice vinegar, garlic, and ginger to prepare the teriyaki sauce.

## Step 5: Combine in the Crock Pot

Place the browned meatballs in the crock pot. Pour the teriyaki sauce over the meatballs and ensure they are well coated.

## Step 6: Cook the Meatballs

Cover the crock pot with the lid and cook on low for 4-6 hours or high for 2-3 hours until the meatballs are fully cooked and tender.

### Step 7: Serve

Once cooked, gently stir the meatballs in the sauce and serve them hot. They can be served over rice or noodles, and garnished with green onions if desired.

## Notes

### Note 1: Meat Options

You can use a mix of ground beef and ground pork for added flavor and texture.

### Note 2: Sauce Thickness

If you prefer a thicker sauce, you can whisk a tablespoon of cornstarch with a little water and stir it into the sauce during the last 30 minutes of cooking.

### Note 3: Storage

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

### Note 4: Freezing

You can freeze the cooked meatballs in the sauce for up to 3 months. Thaw in the refrigerator before reheating.



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# Cook techniques

## Using a Crock Pot

Cooking meatballs in a crock pot allows for slow, even cooking, enhancing the flavors and tenderness of the meat. It's a hands-off method that requires minimal supervision.

## Preparing the Meat Mixture

Mixing the ground meat with breadcrumbs, egg, and seasonings evenly is crucial for texture and flavor. Ensure that the ingredients are well combined for a uniform taste.

See also [Ketchup](#)

## Forming Meatballs

Shape the meat mixture into uniform meatballs to ensure even cooking. Keeping them similar in size will help them cook at the same rate.

## Making the Teriyaki Sauce

Creating a homemade teriyaki sauce allows for customization of sweetness and saltiness. Combine soy sauce, brown sugar, garlic, and ginger for an authentic taste.

## Cooking Time

Set the crock pot to the appropriate temperature and time to ensure the meatballs are cooked thoroughly. Typically, cooking on low for 6 to 8 hours is ideal.

## FAQ

**Can I use frozen meatballs in this recipe?**

Yes, you can use frozen meatballs, but you may need to adjust the cooking time for them to heat through completely.

**What ground meat is best for meatballs?**

Ground beef, turkey, or chicken are all suitable options for making meatballs, depending on your preference.

**Can I add vegetables to the meatball mixture?**

Certainly! Finely chopped vegetables, such as bell peppers or onions, can be added to enhance flavor and nutrition.

**How do I store leftover meatballs?**

Leftover meatballs can be stored in an airtight container in the refrigerator for up to three days or frozen for longer storage.

**Can I make this recipe gluten-free?**

Yes, substitute regular breadcrumbs with gluten-free breadcrumbs, and ensure the soy sauce is labeled gluten-free.



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## Conclusion

The Crock Pot Teriyaki Meatballs are a delightful dish that combines savory flavors with a simple cooking method. They are perfect for busy weeknights and can be served over rice or noodles for a complete meal. The slow cooking process ensures that the meatballs remain tender and absorb all the delicious teriyaki sauce, making them a family favorite.

See also Pizza Pot Pie

## More recipes suggestions and combination

### **Sweet and Sour Meatballs**

Try swapping the teriyaki sauce for sweet and sour sauce for a tangy twist on this dish.

### **BBQ Meatballs**

Use your favorite barbecue sauce instead of teriyaki for a smoky flavor that pairs well with a side of coleslaw.

### **Asian-inspired Stir Fry**

Serve the teriyaki meatballs with a mix of stir-fried vegetables for a colorful and nutritious meal.

### **Meatball Subs**

Transform the meatballs into a sandwich by placing them in a hoagie roll and topping with cheese.

### Meatball Salad

For a lighter option, toss the cooked meatballs on a bed of greens with a sesame dressing.

### Teriyaki Meatball Skewers

Thread the meatballs onto skewers along with bell peppers and onions, and grill them for a fun party appetizer.



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