



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: ½ teaspoon
Pepper: ½ 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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