

# Buffalo Chicken Meatballs with Light Ranch Sauce (Slow Cooker)

*Chef Linsey - Aldi Test Kitchen  
www.Aldi.com*

## **BUFFALO CHICKEN MEATBALLS**

*8 ounces boneless/ skinless  
chicken breast*

*8 ounces boneless/ skinless  
chicken thighs*

*2 tablespoons chopped  
green onion*

*2 teaspoons minced garlic*

*3/4 cup hot sauce, divided*

*2 large eggs*

*3/4 cup panko breadcrumbs*

*1/2 teaspoon salt*

*chopped green onions (for  
garnish)*

## **LIGHT RANCH SAUCE**

*1/4 cup light ranch dressing*

*1/4 cup light sour cream*

Make the meatballs: Place the chicken in a food processor. Pulse until roughly chopped. Transfer to a medium bowl. Mix with the green onions, garlic, 1/4 cup of hot sauce, eggs, breadcrumbs and salt. Form into bite-size balls.

Pour 1/4 cup of the hot sauce into a slow cooker. Add the meatballs. Cover with the remaining 1/4 cup of hot sauce.

Cook on HIGH for two hours.

Make the Light Ranch Sauce: In a small bowl, stir together the ranch dressing and sour cream. Keep refrigerated.

Transfer the meatballs to a serving platter. Cover and keep warm. Strain the remaining sauce from the slow cooker into a small saucepan. Cook on high and reduce for 5 minutes. Pour over the meatballs.

Garnish with ranch sauce and green onions.

---

Per Serving (excluding unknown items): 199 Calories; 12g Fat (52.5% calories from fat); 15g Protein; 9g Carbohydrate; 2g Dietary Fiber; 429mg Cholesterol; 5703mg Sodium. Exchanges: 1 1/2 Lean Meat; 1 Vegetable; 1 Fat; 0 Other Carbohydrates.