Apricot-Curry Meatballs (Slow Cooker)

Barbara C. Jones Easy Slow-Cooker Cookbook

2 eggs, lightly beaten 1/2 cup fine dry bread crumbs 1/3 cup green onions, finely chopped 1/4 cup milk 1/2 teaspoon salt 1/2 teaspoon black pepper 1 pound ground pork 1 pound around beef 1 jar (12 ounce) apricot preserves 1/3 cup soy sauce 1/4 cup cider vinegar 4 teaspoons fresh ginger, grated 2 teaspoons curry powder chopped green onions (optional)

Preparation Time: 35 minutes Slow Cooker: 3 hours Prohost the even to 375 degrees

Preheat the oven to 375 degrees.

In a large bowl, combine the eggs, bread crumbs, green onions, milk, salt and pepper. Add the ground pork and ground beef. Mix well. Shape the mixture into thirty-six meatballs. Place in a shallow baking pan.

Bake for 25 to 30 minutes or until the meatballs are cooked through to 160 degrees. Drain off the fat. Transfer the meatballs to a three and one-half to four-quart slow cooker.

For the sauce: in a small bowl, stir together the apricot preserves, soy sauce, cider vinegar, ginger, curry powder and green onions, if using. Pour over the meatballs. Cover.

Cook on LOW for three to four hours or on HIGH for one and one-half to two hours.

Serve immediately or keep warm (on WARM or LOW), covered, for up to two hours.

If desired, top with chopped green onions.





Per Serving (excluding unknown items): 2926 Calories; 230g Fat (71.3% calories from fat); 173g Protein; 35g Carbohydrate; 4g Dietary Fiber; 1145mg Cholesterol; 7248mg Sodium. Exchanges: 0 Grain(Starch); 23 1/2 Lean Meat; 2 1/2 Vegetable; 0 Non-Fat Milk; 32 Fat; 1 Other Carbohydrates.