

Sweet-Sour Meatballs (Slow Cooker)

Slow Cooker Favorites - Vol 7

Servings: 12

Yield: 36 meatballs

*3/4 cup apple jelly
1 1/2 teaspoons
Worcestershire sauce
1 teaspoon spicy brown
mustard
dash bottled hot pepper
sauce
1 egg, lightly beaten
1/4 cup fine dry bread
crumbs
1/4 cup onion, finely
chopped
2 tablespoons milk
1/4 teaspoon salt
1/4 teaspoon black pepper
8 ounces bulk pork sausage
8 ounces ground beef
nonstick cooking spray
crushed red pepper
(optional)*

Preparation Time: 30 minutes

Slow Cooker: 3 hours

FOR THE SAUCE: In a small bowl, stir together the apple jelly, Worcestershire sauce, mustard and hot pepper sauce. Set aside.

In a large bowl, combine the egg, bread crumbs, onion, milk, salt and pepper. Add the sausage and ground beef. Mix well. Shape the mixture into thirty-six one-inch meatballs.

Coat a large nonstick skillet with cooking spray. Heat over medium heat. Cook the meatballs, half at a time, until browned (turning them to brown evenly). Drain off the fat.

Place the meatballs in a 1-1/2- or 2-quart slow cooker. Pour the sauce 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, covered, on warm or low-heat setting for up to two hours. If desired, sprinkle with crushed red pepper.

Per Serving (excluding unknown items): 118 Calories; 6g Fat (41.7% calories from fat); 4g Protein; 14g Carbohydrate; trace Dietary Fiber; 34mg Cholesterol; 86mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 Fat; 1 Other Carbohydrates.

