



Long Livo

Asian Meatballs Crockpot - Easy Slow Cooker Recipe

15 min
Prep time

4 h
Cook time

4 h 15 min
Total time

6
Servings

Easy
Difficulty

Asian
Cuisine

Ingredients

Meatball Mixture

- ☐ 1½ lbs ground turkey
- ☐ ½ cup panko breadcrumbs
- ☐ 1 egg, lightly beaten
- ☐ 2 cloves garlic, minced
- ☐ 1 tsp fresh ginger, grated
- ☐ 1 tbsp soy sauce

- ☐ ½ tsp black pepper

Sauce

- ☐ ¾ cup low-sodium soy sauce
- ☐ ¼ cup honey
- ☐ ¼ cup rice vinegar
- ☐ 2 tbsp sesame oil
- ☐ 1 tsp chili flakes (optional)
- ☐ 2 green onions, sliced (for garnish)

Instructions

- 1 In a large bowl, gently combine the ground turkey, breadcrumbs, egg, garlic, ginger, soy sauce, and pepper. Mix just until everything sticks together; over-mixing can make the balls tough.
- 2 Form the mixture into golf-ball-sized meatballs, about 20 of them, and place them in the crockpot.
- 3 In a separate bowl, whisk together soy sauce, honey, rice vinegar, sesame oil, and chili flakes. Pour the sauce over the meatballs, ensuring they are mostly covered.
- 4 Cover and cook on low for 4-6 hours, or on high for 2-3 hours, until the meatballs are cooked through and the sauce has thickened slightly.
- 5 Before serving, stir in a splash of extra sesame oil if you like, and garnish with sliced green onions. Serve warm with rice or noodles.

Nutrition per serving

280 kcal
Calories

22 g
Protein

22 g
Carbs

9 g
Fat

Tips & notes

- If you prefer a spicier profile, add a dash of sriracha to the sauce.
- For a crunchier texture, briefly broil the meatballs for 2 minutes after cooking.
- You can double the recipe and store the extra meatballs in the freezer for later.