



Long Livo

Slow Cooker Salisbury Steak Meatballs

15 min

Prep time

6 h

Cook time

6 h 15 min

Total time

4

Servings

Easy

Difficulty

American

Cuisine

Ingredients

Meatballs

- ☐ 1 lb ground beef (80/20)
- ☐ 1/2 cup breadcrumbs
- ☐ 1 egg
- ☐ 1 tsp onion powder
- ☐ 1/2 tsp black pepper
- ☐ 1/2 tsp salt

Sauce

- ☐ 1 cup beef broth (low-sodium)
- ☐ 1/3 cup ketchup
- ☐ 2 tbsp Worcestershire sauce
- ☐ 2 tbsp brown sugar
- ☐ 1 tbsp soy sauce
- ☐ 1 tsp garlic powder

Instructions

- 1** In a bowl, gently combine ground beef, breadcrumbs, egg, onion powder, pepper, and salt. Form into 1-inch meatballs; avoid packing them tightly.
- 2** Place meatballs in the slow cooker, spacing them evenly.
- 3** In a separate bowl, whisk together beef broth, ketchup, Worcestershire sauce, brown sugar, soy sauce, and garlic powder; pour over the meatballs.
- 4** Cover and cook on low for 6 hours, or on high for 3-4 hours, until the meatballs are tender and the sauce has thickened.
- 5** Stir gently, sprinkle fresh chopped parsley, and serve hot over mashed potatoes or buttered noodles.

Nutrition per serving

420 kcal

Calories

28 g

Protein

28 g

Carbs

22 g

Fat

Tips & notes

- If you prefer a thicker glaze, remove the lid for the last 30 minutes.
- A dash of smoked paprika adds a subtle depth without overwhelming the flavor.
- For a spicier twist, stir in a pinch of red pepper flakes with the sauce.