

# Crockpot Hawaiian Meatballs

## Ingredients

- 1 pound lean ground beef (I do grass fed) 1/2 cup Panko breadcrumbs
- 1 egg, lightly beaten
- 1 tablespoon low-sodium soy sauce OR coconut aminos
- 1 tablespoon Worcestershire sauce
- 1 teaspoon minced garlic

### Sauce

- 8 ounces crushed pineapple (No added sugar)
- 1/4 cup water
- 1/4 cup low-sodium soy sauce OR coconut aminos
- 2 TBS honey
- 1.5 tablespoons rice wine vinegar (can sub white vinegar)
- 1 tablespoon coconut sugar
- 1 tablespoon freshly grated ginger
- 1 tablespoons cornstarch OR arrowroot starch

## Directions

1. In a large bowl, combine ground beef, breadcrumbs, egg, soy sauce, Worcestershire, and garlic. Sprinkle salt (about 1/2 tsp)
2. Use your hands or wooden spoon to gently mix ingredients until thoroughly combined but not packed down. Scoop meat into 3 tablespoon (just a guide) mounds and gently roll into balls and place in single layer in the crockpot
3. it is time to make the sauce! In a small bowl combine pineapple, water, soy sauce, honey, rice wine vinegar, coconut sugar, and fresh ginger and cornstarch. Pour sauce over meatballs
4. Place the lid on the crockpot, and cook on low for 4-5 hours, or on high for 3 hours.

This serves great with brown rice, and steamed broccoli!

MADE WITH LOVE

by Teresa Forchard