Slow cooker stroganoff meatballs

Description

INGREDIENTS

MEATBALLS:

- 2 pounds ground beef
- 1 tablespoon minced garlic
- Â¼ cup breadcrumbs
- 1 whole egg, beaten
- 1 teaspoon Worcestershire sauce
- 1 teaspoon black pepper
- 1Â½ teaspoons salt

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SAUCE:

- 4 tablespoons all-purpose flour
- 4 tablespoons melted butter
- 2 cups low-sodium beef broth
- 3 cups thinly sliced button mushrooms
- 1 cup thinly sliced onion
- 1 teaspoon minced garlic
- 1 teaspoon Worcestershire sauce
- 1 cup sour cream
- 2 tablespoons finely chopped parsley

INSTRUCTIONS

1. For the meatballs: In a large mixing bowl, combine everything from ground beef to salt. Mix well so that all ingredients are combined evenly. Roll into meatballs, 1 inch in diameter.
2. Optional: Place rolled meatballs on a baking sheet lined with parchment paper. Freeze for 1 hour.
3. In a 6-quart slow cooker, whisk flour and melted butter until it becomes a paste. Gradually whisk in beef broth. Mix in mushrooms, onions, garlic and Worcestershire sauce.
4. Gently add meatballs.
5. Cook on high for 4 hours, or on low for 6 hours.
6. Stir in sour cream and parsley.
7. Serve as is or over rice or pasta.

Category

1. Crockpot Recipes

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