



Body

Mind

Recovery

Nutrition

## Slow Cooker Spaghetti Meatballs

Meal Prep/Freezer Friendly.

Nut Free

High Protein

Serves  
8

Prep Time  
20 minutes

Cook Time  
270 minutes



### Ingredients

- ¼ cup (60g) tomato paste
- 3 tbsp. water
- 1 cup (50g) panko breadcrumbs
- ½ bunch parsley, finely chopped
- 1 cup (100g) Parmesan, grated
- ½ medium onion, coarsely grated
- 2 large eggs, lightly beaten
- 2 tbsp. milk, whole or plant based
- 2 garlic cloves, chopped
- 2 tsp. red wine vinegar
- 1 tsp. red-pepper flakes (chili flakes)
- ¾ tsp. salt
- ½ tsp. black pepper
- 1 lb. (450g) lean ground pork, 5% fat
- 1 lb. (450g) lean ground beef 10% fat



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## Nutrition (Per Serving)

Calories	Fats	Protein	Carbs
548	21 g	33 g	54 g

### Instructions

1. In the base of a slow cooker, whisk together the tomato paste and water.
2. In a medium bowl, combine the panko breadcrumbs, parsley, Parmesan cheese, grated onion, eggs, milk, garlic, vinegar and red-pepper flakes. Season with salt and black pepper.
3. Add the ground pork and beef to the panko mixture and combine using your hands. Form into walnut sized meatballs and place them gently into the slow cooker. Cover the meatballs with the chopped tomatoes and add the basil sprigs. Place the lid on the slow cooker and cook on low for 4 hours.
4. When ready to serve, cook the spaghetti according to the instructions on the packaging.
5. Increase the slow cooker heat to high, transfer the meatballs to a bowl and discard the basil. Add the drained pasta to the sauce and toss to coat evenly. Season to taste with salt and pepper.
6. Add the meatballs back into the slow cooker and stir gently to combine. Serve with some grated Parmesan cheese and fresh basil leaves.