

Salisbury Steak Meatballs



Ingredients:

- 1 pound ground beef
- 1/2 cup breadcrumbs
- 1/4 cup milk
- 1 large egg
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 cup beef broth
- 1 cup brown gravy
- 1 tablespoon fresh parsley, chopped (for garnish)

Instructions:

1. In a large mixing bowl, combine the ground beef, breadcrumbs, milk, egg, chopped onion, minced garlic, Worcestershire sauce, salt, and pepper. Mix well until all ingredients are thoroughly combined. (10 minutes)

2. Form the mixture into meatballs, about 1 to 1.5 inches in diameter. You should have approximately 12 to 15 meatballs. (10 minutes)

3. Heat a large skillet over medium heat and sear the meatballs in batches until they are browned on all sides, about 5 minutes per batch. Transfer the browned meatballs to a slow cooker. (15 minutes)

4. In the same skillet, add the beef broth and brown gravy, stirring to deglaze the pan and incorporate any browned bits. Bring to a simmer for about 2 minutes and then pour the mixture over the meatballs in the slow cooker. (5 minutes)

5. Cover the slow cooker and cook on low for about 6 hours or on high for 3 hours, until the meatballs are cooked through and tender. (6 or 3 hours)

6. Once cooked, carefully remove the meatballs from the slow cooker. Use the gravy to spoon over the meatballs before serving. Garnish with freshly chopped parsley. (5 minutes)

Pro tip: For added flavor, feel free to mix in your favorite herbs and spices into the meatball mixture.

10 minutes | 6 hours on low or 3 hours on high | 6 hours
10 minutes or 3 hours 10 minutes | Approximately 350
calories per serving | 4-6 servings