

Slow Cooker Meatballs with Spaghetti Squash

(Serves 6-8, but doubles easily so freeze half!)

Ingredients:

For the Sauce:

2-3 T. olive oil

1 yellow onion diced

4 garlic cloves, minced

10 oz. frozen spinach, thawed and drained

1 t. garlic salt + ½ t. pepper

1 can tomato paste (3 oz)

2 cans (28 oz.) crushed tomatoes

2 t. dried Italian seasoning

1 t. garlic powder

1 t. salt + ¼ t. pepper

crushed red pepper optional (I leave out for my kids and add to mine)

pinch of sugar

For the Meatballs:

1 + ½ lbs. beef/pork/veal mix

2 eggs

½ cup grated Parmesan

3 T. yellow onion, minced

3 garlic cloves minced

2 T. chopped fresh parsley

2 t. salt + ½ pepper

2 Spaghetti Squash, split in half and seeded

Directions:

Heat oil in large pan over medium heat. Add the onion, garlic and spinach. Season well with salt and pepper. Cook about 10 minutes until soft. Add the tomato paste into the onion and garlic and cook 2-3 minutes. Add mixture to the crock pot with the crushed tomatoes, Italian seasoning, garlic powder, pinch of sugar and salt and pepper.

In a large mixing bowl, combine the ground meat, eggs, Parm, onion, garlic, parsley and salt and pepper together. Scoop up mixture and roll into a ball the size of a walnut. Carefully drop into the crock pot. Repeat with the rest of the mixture.

Cook on high 4-5 hours or on low 6-8. Taste and season sauce as needed during the last hour. (Note: We ate them after 3 hours and they were still good, but sauce deepens if it cooks longer). Serve with fresh basil and Parmesan.

To cook squash:

Place spaghetti squash in microwave safe pan and add 1 cup water. Cover with plastic wrap and cook for 20 minutes. Alternatively you can roast a whole one at 400 degrees for 45 minutes. Let cool before you cut it in half.

Note: I found this on the internet years ago but my printed out copy that I have been using doesn't have a source and is super worn. So my apologies to whoever provided me with this recipe. Many thanks!