



PREP TIME : 5 MIN

COOK TIME : 02 H 30 MIN

SERVES : 8

Ingredients :

- **PAM[®] Original/PAM[®] Professional**
- **1 bottle (355 mL) VH[®] General Tao Stir-Fry Sauce**
- **100 mL Water**
- **1 Tbsp (15 mL) Honey**
- **100 mL Orange Juice**
- **907 g pkg Pre-cooked, frozen meatballs (about 32 meatballs)**
- **1 Green onion, thinly sliced**
- **1/2 tsp (2.5 mL) Sesame seeds**

Directions :

- 1. Spray insert of 6-quart slow cooker with PAM[®]. Combine VH[®] General Tao Stir-Fry Sauce , water, honey and orange juice in slow-cooker.**
- 2. Stir in meatballs; cover and cook on HIGH setting of slow cooker 2 to 2 1/2 hours, or LOW for 4 to 5 hours.**
- 3. Serve meatballs on platter; garnish with green onions and sesame seeds. Serve immediately.**



Slow Cooker Meatballs

Tips: Try serving meatballs sandwich style, over a bed of rice, pasta or mashed potatoes.

Use your leftover meatball sauce for our Broccoli Slaw Recipe. Reserve 2/3 cup of sauce from slow cooker meatballs; combine with 1 tsp of rice vinegar and 1 1/2 cups of store bought broccoli slaw. Broccoli Slaw can be found in the bagged lettuce section of most supermarkets. If unavailable, traditional coleslaw mix can be substituted.

A versatile family friendly or entertaining meal! Slow-cooked meatballs served on hoagies or over mashed potatoes.