

Slow Cooker Honey Garlic Meatballs



PREP TIME : 10 MIN

COOK TIME : 6 to 8hrs MIN

SERVES : 6

Ingredients :

- **1 1/4 lb (625 g) lean ground pork**
- **1/3 cup (75 mL) bread crumbs**
- **1 egg**
- **4 green onions, finely chopped, divided**
- **2 cloves garlic, minced**
- **1 tbsp (15 mL) minced fresh gingerroot**
- **1/2 tsp (2 mL) each salt and pepper**
- **1 jar (341 mL) VH® Honey Garlic Sauce**
- **2 tbsp (30 mL) cornstarch**
- **1 1/2 cups (425 mL) long-grain rice**

Directions :

- 1. Mix together pork, bread crumbs, egg, half of the green onions, garlic, ginger, salt and pepper until combined. Roll into 1-inch (2.5 cm) meatballs; arrange in slow cooker.**
- 2. Pour VH® Honey Garlic Sauce over top. Cover and cook on LOW for 6 to 8 hours or until meatballs are cooked through and tender. Remove from cooking liquid.**
- 3. Whisk cornstarch with 2 tbsp (30 mL) cold water until smooth. Whisk into slow cooker; cook on HIGH for 8 to 10 minutes or until sauce has thickened. Return meatballs to sauce, stirring to coat.**
- 4. Meanwhile, cook rice according to package directions. Serve with meatballs and sauce; garnish**



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with remaining green onions.

Recipe Tips

- *Add pinch of chili flakes or cayenne pepper to meatballs for a spicy kick.*