

# Slow Cooker Meatballs

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## **Ingredients:**

1 pound ground beef

1 pound ground sausage (or pork)

2 eggs

1/3 cup onion, chopped

1/4 cup ground flaxseed

2 tsp "Primal Powder" (blend of chili powder, garlic powder, onion powder, cumin, salt and pepper)

## **Preparation:**

Preheat oven to 350F.

Line a cookie sheet with parchment paper.

In a large mixing bowl, thoroughly combine all ingredients.

Using hands, roll into balls about 1-1.5" in diameter leaving just enough room so they aren't touching.

Bake for about 15-20 minutes, then transfer to a slow cooker.

Cover with barbecue sauce and cook on low for 8 hours.