

# Crockpot Sweet & Sour BBQ Meatballs

## Ingredients

- 2 lb Frozen turkey meatballs
- 1 Sweet onion cut into chunks
- 1 Green pepper, cut into chunks
- 1 Red, yellow or orange pepper cut into chunks
- 1 fresh pineapple cut into chunks
- 8 oz BBQ sauce
- 8 oz no salt added tomato sauce
- 1 Tbsp chili powder
- 1 Tbsp paprika



## Preparation

**Combine all ingredients in a crockpot and cook on low setting for 6-8 hours or until peppers are tender.**

\* You may also prep this recipe in advance by combining all ingredients in a gallon sized freezer bag. Be sure to remove as much air as possible prior to sealing and lay flat in the freezer for up to 3 months. Simply thaw overnight in the fridge and cook at low in slow cooker for 6 hours– 8 hours or until peppers are tender.

Serve alongside steamed brown rice or corn on the cob.

**Yield:** 6 servings

*per serving: 350 Calories | 9g Fat (4.5g Saturated Fat) | 27g Protein | 33g*