

# Crockpot Italian Meatballs and Marinara

Yield: 18 min  
Total Time: 265 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-meatballs-and-marinara-recipe>

## Ingredients:

- 29 ounces fire roasted diced tomatoes with garlic
- 15 ounces tomato sauce
- 2 tablespoons tomato paste
- 2 tablespoons dried Italian seasoning
- 1 tablespoon sugar
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon kosher salt
- 1/4 teaspoon red pepper flakes optional
- meatballs uncooked, recipe to follow
- 2 bay leaves dried
- 1 pound lean ground beef I used 88%
- 1/2 cup Italian breadcrumbs
- 1/2 cup marinara
- 1/4 cup grated Parmesan cheese fresh
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 tablespoon dried Italian seasoning
- 1/2 teaspoon kosher salt
- 1/2 teaspoon cracked black pepper fresh
- 1 large egg lightly beaten

## Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 30 milligrams
4. Fat: 3 grams

5. Fiber: 2 grams
  6. Protein: 7 grams
  7. SaturatedFat: 1 grams
  8. Sodium: 440 milligrams
  9. Sugar: 4 grams
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