

French Onion Meatballs



French Onion Meatballs are the appetizer you need to be making right now! 🍴

I wanted to make something that could be reheated in the crockpot for our weekend trip and decided these would be delicious.?

I combined:?

- 2lbs of 99% fat-free ground turkey?
- 1cup whole wheat panko?
- 1/2cup grated parmesan cheese?
- 2Tbsp fresh thyme ?
- 1tsp garlic powder?
- 1tsp onion powder?
- 1tsp kosher salt?
- 1/2tsp cracked black pepper?

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This made 36 good sized meatballs, which I airfried at 350 for 12 minutes, flipping halfway through the cook time. ?

While the meatballs cooked, I sliced and sauteed 2 vidalia onions with cooking spray, salt & pepper until they browned, then added two cans of Progresso french onion soup and 1cup of beef stock to the pan.?

When the meatballs were done cooking, I added them to the sauce. The meatballs could go in the crockpot on low, or be heated up whenever you are ready to enjoy.?

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Here's the Points:?

- 🔵 3 meatballs = 1 Point, 5 meatballs = 2 Points?
- 🟪 3 meatballs = 1 Point, 5 meatballs = 2 Points?
- 🟩 3 meatballs = 3 Point, 5 meatballs = 5 Points?

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What do you think? Would you make these?