

SLOW-COOKER LAMB MEATBALLS

(from the Bewitching Kitchen)

1 pound ground lamb
1/3 cup almond flour
1 large egg plus 1 egg yolk, beaten
grated zest or 1/2 large lemon
1/2 teaspoon ground cumin
1/2 teaspoon ground cinnamon
1 + 1/2 teaspoon salt, divided
28-ounce can whole tomatoes
1/2 tsp red pepper flakes

Gently combine the lamb, almond flour, beaten egg and yolk, cumin, cinnamon, parsley, lemon zest, and 1 teaspoon of salt in a large bowl.

Put the tomatoes and red pepper flakes into slow cooker. Break up the tomatoes with a potato masher. Season with 1/2 teaspoon salt. Form the meat mixture into balls, make them slightly bigger than golf-ball size. Drop them gently in the tomato sauce.

Cook on LOW for 4 hours, serve with any side dish you like.