

Kate's Easy Meatballs

Serves 6; 2 meatballs per serving

Nutrients Per Serving:

230 Calories | 11g Fat (3g Saturated) | 14g Carbohydrates | 1g Added Sugar | 20g Protein | 350 mg Sodium | 1 g Fiber

Equipment Needed

			
Large mixing bowl	Rubber spatula	Spatula	Measuring cups and spoons
			
Liquid measuring cup	Can opener	Electric skillet	Food thermometer
			
Cookie scoop			

Ingredients Needed

Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice.

			
1/2 cup bread crumbs	1/2 cup milk	1 can (28 oz) crushed tomatoes	1 tablespoon olive oil
			
1/4 teaspoon sugar	1/4 teaspoon salt	1 pound ground turkey	1/2 cup grated parmesan
			
1/2 teaspoon garlic powder	1/2 teaspoon Italian seasoning		

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Directions

(Tbsp = tablespoon, tsp = teaspoon)

1



Wash hands.

2



In a large bowl, add 1/2 cup bread crumbs and 1/2 cup milk and mix.

3



Add to the breadcrumb mix, 1 pound ground turkey, 1/2 cup Parmesan cheese, 1/2 tsp garlic powder, 1/2 tsp oregano, and 1/2 tsp salt. Use your hands to combine completely. Note: can use food safe gloves if preferred.

4



In a skillet, stir in 1 can crushed tomatoes, 1 Tbsp oil, 1/4 tsp sugar, and 1/4 tsp salt.

5



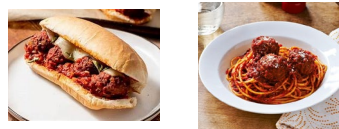
Divide the turkey mixture into 12 portions using a cookie scoop, roll into a ball with your hands.

6



Add meatballs to sauce in skillet. Bring sauce to simmer over medium heat. Cover and cook until meatballs are cooked through, about 10-15 minutes. Meatballs are cooked through when they reach internal temperature 165°F using a digital thermometer.

7



Meatballs can be served over pasta, zoodles, or made into a meatball hoagie.