

Turkey Meatballs



Steps

1. Preheat oven to 350°F. Line a baking sheet pan with foil and brush or spray olive oil on the foil/pan.
2. I start with the sauce as it should simmer for an hour to enhance the flavors. Begin by sauteing the garlic and onions together in olive oil over medium-high heat for about 8 minutes. Add oregano, salt, and red pepper flakes.
3. Carefully add the crushed tomatoes and tomato paste making sure to stir everything well. Let simmer on super-low for an hour. Taste for seasonings and add a little water if a thinner consistency is desired.
4. In a large mixing bowl combine ground turkey, egg, Worcestershire sauce, bread crumbs/panko, parmesan cheese, parsley, garlic, oregano, salt and pepper. Mix well but be careful not to over mix.
5. If you have one, use a meatball (or ice cream) scooper to portion out 12 balls and place onto the prepared baking sheet pan. If you don't have a scooper, use your hands to portion out meat trying to get them close to equal. Bake meatballs for about 20 minutes (or until cooked through (internal temperature should be 165°F) and golden brown). Serve with marinara sauce.

Makes one dozen meatballs

Ingredients For the Marinara Sauce

- ¼ cup olive oil
- Half of one brown onion, chopped
- 3-4 cloves garlic, minced
- 1 teaspoon dried oregano
- 2 pinches of red pepper flakes
- 1 (28-ounce) can crushed tomatoes
- 1 tablespoon tomato paste
- ½ teaspoon Kosher salt

Ingredients For the Meatballs

- 1 pound lean ground turkey
- 1 egg, lightly beaten
- 1 tablespoon Worcestershire sauce
- ½ cup parmesan cheese
- ½ cup bread crumbs or panko
- handful of fresh parsley, finely chopped
- 1 clove garlic, minced
- ½ teaspoon dried oregano
- 1 teaspoon kosher salt
- ½ teaspoon black pepper