

Fine w/ Food

TURKEY MEATBALLS

- 1 ½ lb. ground turkey meat
- 1 box of Simple Mills crackers, finely ground
- ½ cup white onion, minced
- 2 cloves of garlic, minced
- 2 eggs
- a handful of parsley, finely chopped
- salt & pepper to season

place Simple Mills crackers in food processor and pulse until crackers are just about finely ground

in a large mixing bowl, add in ground turkey, crushed Simple Mills crackers, onion, garlic, eggs, parsley, a pinch of salt, and a lotta pepper

use a wooden spoon (or your hands) and combine all the ingredients together. roll the meatballs into 2-inch balls

bring a large skillet to medium-high heat

add olive oil to skillet and carefully place meatballs in skillet. brown meatballs on all sides (~2-4 minutes per side depending on how large your meatballs are)

once meatballs are browned, add in pasta sauce of choice to skillet and bring to a simmer. cover and cook for ~10 minutes (or until meatballs reach an internal temp of 165°F)

serve with your favorite pasta or Italian salad, top w/ basil, & enjoy!



notes:

- searing the meatballs instead of baking them allows them to have that crispy outside and juicy inside!
- if you don't have a food processor to grind the Simple Mills crackers simply place them in a large Ziploc bag and crush 'em up with a hammer or back of a measuring cup!
- the Simple Mills crackers have some salt in them, so if you don't want your meatballs overly salted then skip adding salt!
- if you want a little more flavor—add in a dash of Worcestershire sauce!