

# Good For You Turkey Meatballs in Tomato Sauce

## The goods - Meatballs:

- 2 lb extra-lean ground turkey
- 1 medium onion – grated
- 4 garlic cloves – minced
- ½ cup flat parsley – finely chopped
- ½ cup gluten free bread crumbs
- 2 eggs
- 1 tsp red pepper flakes
- 2 tsp oregano
- 1 tsp salt
- 1 tsp fresh ground pepper
- 1/2 tsp white pepper



## The goods – Tomato Sauce:

- 2 tbsp extra virgin olive oil
- 4 cloves garlic - minced
- 3 28oz cans whole tomatoes (preferably Italian)
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 tsp dried parsley
- ½ tsp salt
- ½ tsp fresh ground pepper

## Let's make meatballs!

1. Preheat oven to 350°F.
2. Lightly coat baking sheet with cooking spray
3. In a large bowl add meatball ingredients and mix thoroughly
4. Form into balls (I like ping pong ball or golf ball size)
5. Bake until the meatballs are firm to the touch and cooked through – approx. 15 minutes

## Let's make tomato sauce!

1. Preheat oil in a large pan on medium low
  2. Add garlic and cook for 1 minute – just until fragrant
  3. Add tomatoes and juices and crush with a masher
  4. Add basil, oregano, parsley, salt and pepper
  5. Bring to a boil and turn on low
  6. Cover and cook for a minimum of 30 minutes
- Add the meatballs to the pan and coat with the sauce
  - Cook Pasta based on package directions
  - Serve hot over your favorite pasta

*Recipe by: The Kitchen Tool*

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