

Old World Style Italian Turkey Meatballs

By FarahC on October 04, 2005

FOOD.

Prep Time: 20 mins Total Time: 1 hr 20 mins Servings: 10-15

ABOUT THIS RECIPE

"These are soft, flavorful cheesy meatballs."

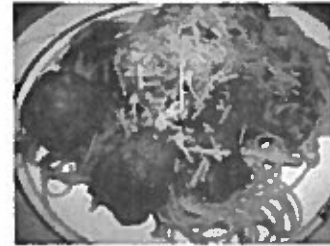


Photo by seoulgirl71

INGREDIENTS

- 1 lb ground turkey (or 1/2 lb ground italian pork sausage, and 1/2 lb ground sirloin)
- 2 teaspoons dried basil
- 1/2 teaspoon dried oregano
- 1 large egg, beaten
- 3/4 cup of white unseasoned breadcrumbs
- 1/2 cup water
- 2 teaspoons garlic powder
- 1/2 cup parmesan cheese, grated
- 1 teaspoon salt
- 1 teaspoon black pepper
- 2 teaspoons dried parsley
- 2 teaspoons olive oil

DIRECTIONS

1. Mix everything together, and form into golf ball size meatballs, or smaller if thats to your liking. Slowly drop meatballs into my old world Italian spaghetti sauce recipe #139406 when it reaches a slow simmer (about 1/2 hour into cooking time) Be sure to stir slowly and often so meatballs don't stick and crumble in the pot.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (51 g)		Total Fat 6.7g	10%
Servings Per Recipe: 10		Saturated Fat 2.1g	10%
Amount Per Serving	% Daily Value	Cholesterol 54.3mg	18%
Calories 139.2		Sugars 0.5 g	
Calories from Fat 60	44%	Sodium 403.0mg	16%
		Total Carbohydrate 6.8g	2%
		Dietary Fiber 0.5g	2%
		Sugars 0.5 g	2%
		Protein 12.7g	25%