

# U The Lexingtonienne U

## TURKEY MEATBALLS

- 1 package lean ground turkey
- 1/2 large onion (or 1 small onion), finely chopped
- 4-5 cloves garlic, minced
- 1 carrot, grated
- 1/2 bunch flat-leaf parsley, chopped
- 2 eggs
- 1/3 C (give or take) Italian-seasoned breadcrumbs
- 2-3 T (give or take) grated Parmesan cheese
- Salt & pepper to taste
- Olive oil & canola oil
- 1/2 C chicken broth
- Tomato sauce\*

*\*I used the Tomato Sauce with Butter and Onion recipe for this, which is very, very easy. I put all the ingredients into a pot and let the sauce cook while I prepared everything else. You could also use jarred sauce.*

Heat a small skillet over medium-high heat and add olive oil to coat. Add onions and saute until clear. Lower heat and add garlic, cooking until fragrant. Turn off heat and allow to cool slightly while you grate your carrot and chop your parsley. In a large bowl, combine turkey, onion & garlic, carrot, parsley, eggs, breadcrumbs, parmesan, and salt & pepper. Use your fingers to thoroughly mix. Roll into meatballs in any size you want. (I scored my turkey mixture into four quadrants, then rolled each quadrant into two large meatballs for a total of eight meatballs, with a bonus "runt of the litter" left over.)

Heat a large saute pan over high heat and add canola oil to coat. (This temperature is too hot for olive oil, which will smoke.) Add meatballs and allow to brown on one side for several minutes before turning over. Once meatballs are browned on all sides, transfer them to a plate and set aside. (They will not be all the way cooked through at this point.) Add chicken broth to the hot pan and scrape the bottom with a spatula or wooden spoon. This will get up the brown bits. Reduce chicken broth for about 3 minutes until it thickens, then return meatballs to the pan.

Add tomato sauce, reduce heat to a simmer, and cover. Cook for about 30 minutes. Serve over pasta with grated Parmesan, and garnish with chopped flat-leaf parsley.



