

Chorizo Style Meatball

Chef Andy of Ru's Pierogi

RECIPE MAKES: 8 SERVINGS

INGREDIENTS

- 2 lbs. 93/7 ground turkey
- 2 large eggs
- 1 cup unseasoned bread crumbs
- ¼ tsp. salt
- ½ tsp. black pepper
- 1 Tbsp. paprika
- 1 Tbsp. chili powder
- 3 cloves fresh garlic
- ¼ cup onion (diced)
- 1 oz. extra virgin olive oil
- 1 Tbsp. cayenne pepper
- 1 tsp. crushed red pepper

NUTRITION INFO

Nutrition Facts	
servings per container	
Serving size	4-5 meatballs
Amount per serving	
Calories	340
	<small>% Daily Value*</small>
Total Fat 16g	21%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 130mg	43%
Sodium 510mg	22%
Total Carbohydrate 21g	8%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D 1mcg	6%
Calcium 81mg	6%
Iron 3mg	15%
Potassium 330mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

PREPARATION

1. Preheat oven to 375°F
2. Crack 2 eggs into a bowl
3. Add ground turkey to a separate large mixing bowl
4. Mince onion and garlic
5. Oil baking sheet
6. Saute onions and garlic in stock pot over medium heat in olive oil (until cooked, about 3-5 minutes)

** You can saute all the garlic and onion in one pot, then put half into the meatball mix and leave the other for the BBQ sauce**

7. Combine all ingredients into meat mix (spices, egg, cooked onion and garlic, bread crumbs)
8. Mix well. Store in fridge to let meat set, up to one day ahead of time is fine
9. Scoop 1 oz. balls onto baking sheet and place in oven
10. Roast in oven for 40-45 minutes, checking after 30-35 to see how they look, take out of oven and add to sauce

Healthy Options

