

Meatballs (Turkey and Sausage)

From Leah Smith

Mix meats together, pull out a few for your really picky eaters.

1 package turkey (1.25 lbs)

1 roll of sausage (12 oz)

In a small bowl, mix:

1 cup onion, finely minced (about $\frac{3}{4}$ - 1 onion)

5 cloves of garlic, finely minced

2 T. bread crumbs

3 eggs

1 $\frac{1}{2}$ T. Italian seasoning

2 $\frac{1}{2}$ T parsley flakes

Salt and pepper

Add the spices to the meat mixture and stir well. I keep a box of disposable latex gloves in my pantry for this kind of recipe. Mix, mush, mix, mush, mix, mush.

Use a cookie scoop and scoop meatballs onto greased cookie sheet. Bake 30 min at 400, turning once. (Works even better if you use a broiler pan and let the juices drip through, but then you have 2 pans to clean...)

Freeze individually on cookie sheets for about 1 hour, then throw together in freezer bags to thaw as needed.

makes about 60 meatballs with the cookie scoop.

Throw this in with some sauce over your favorite pasta, OR
make meatball subs (my favorite): Use a large bun, put about 2-5 meatballs on it, smother in warm marinara, top with a slice of mozzarella and broil for 2 minutes. Mmmm!