

Turkey and Tomato Meatballs with Marinara



Preparation time: 0 min

Difficulty: Easy

Ingredients

For this recipe we used:

- Chopped Fresh herbs such as basil and parsley: 1/4 cup
- Diced onion: 1/2 cup
- Fresh basil: 1-2 sprigs
- Freshly Cracked black pepper: 1/4 tsp
- Freshly cracked black pepper: to taste
- Ground Turkey: 1 lb
- Kosher Salt: 1 tsp
- Kosher salt: 1 tsp
- Large Garlic Cloves: 3, grated or minced
- Large cloves of garlic: 3, chopped
- Large egg: 1
- Olive oil: 1/4 cup
- Panko breadcrumbs: 1/2 cup
- Parmesan Cheese: 1/4 cup, grated
- Pomi Double Concentrated Tomato Paste: 1 tbsp
- Pomi Double Concentrated Tomato Paste: 2 tbsp
- Pomi Marinara Sauce: 28 oz
- Red chili flakes: 1/4 tsp
- Red chili flakes: 1/4 tsp



Preparation

Instructions:

For the Meatballs:

In a large bowl, combine breadcrumbs, garlic, herbs, salt, red chili flakes, parmesan cheese, and black pepper. Stir to combine.

In a small bowl, whisk together egg and tomato paste until smooth and homogenous. Add egg and tomato mixture to the rest of the ingredients and stir to combine.

Add ground turkey to the bowl and use your hands to gently mix everything together, just until everything is well-incorporated, taking care not to over-mix.

Scoop or roll meat mixture into meatballs about 1 1/2 tbsp in size. Place on a parchment-lined sheet tray and refrigerate while you make the marinara sauce.

For the Marinara Sauce:

Heat olive oil in a large sauté pan set over medium heat. When oil is hot, add the diced onion and cook for 2-3 minutes, until onions begin to soften.

To the onions, stir in the garlic and cook for another minute, just until garlic becomes fragrant. Add 1/2 tsp of the salt, along with the red chili flakes and the tomato paste. Stir to break up tomato paste and cook for 1-2 more minutes, until the mixture is a brick red color.

Add the marinara sauce, the remaining 1/2 tsp of salt, pepper and the basil springs. Stir well, and bring the mixture to a simmer. Once the sauce begins simmering, reduce the heat to medium low and add the meatballs to the sauce. Cover, and simmer for 20-25 minutes.

After 20 minutes or so, remove the lid and continue to simmer for another 10 minutes uncovered until the meatballs are cooked through completely. Taste, and add salt and pepper if needed. Remove basil sprigs and serve.