

# Mon Freres Turkey Meatballs

My brother loves to cook. He often shares his culinary secrets with me, especially when it comes to cooking technique or spicing. One of my favorites is his meatball approach. Instead of the typical pan-frying, he briefly bakes the meatballs, keeping the moisture in, then plops them into the heated sauce. If you don't want turkey, try them with ground chicken or red meat.

## INGREDIENTS

### FOR MEATBALLS

2 lbs. ground turkey  
1 egg  
1/4 cup cornmeal, or breadcrumbs  
2 tablespoons dijon mustard  
4 cloves garlic, minced  
2 tablespoons oregano, dried  
2 teaspoons salt

### FOR SAUCE

2 tablespoons extra virgin olive oil  
4 cloves garlic, minced  
1 large yellow onion, small dice  
2-28 oz cans crushed tomatoes  
2 sprigs rosemary

## STEP 1

Preheat oven to 350°. In a large bowl, combine meat with remaining ingredients.

## STEP 2

Mix thoroughly with hands\* and form into balls (the size of a golfball).

## STEP 3

Place on lightly oiled or parchment covered baking sheet. Bake for 15 minutes.

## STEP 4

In a large pot, heat oil on medium and sauté onions for 3 minutes regularly tossing. Add crushed tomatoes, cover pot and simmer.

## STEP 5

Once meatballs are done, remove from oven and using tongs place them, one by one, in pot with sauce.

## STEP 6

Cook covered, on low for another 30 minutes.

## SERVES

4-6 people

## TIME

🕒 45 m

## SHOPPING LIST

2 lbs. ground turkey  
1/2 dozen eggs  
1 bag cornmeal or breadcrumbs  
1 jar Dijon  
1 head garlic  
1 jar oregano  
Salt  
1 bottle extra virgin olive oil  
1 large yellow onion  
2-28 oz can crushed tomatoes  
1 bunch rosemary

## EQUIPMENT

Large mixing bowl  
Baking sheet  
Parchment  
Large pot with cover

## STORAGE

Store in fridge in an air tight container, preferably glass, for 3-4 days or store in freezer for up to 3 months.

## NOTES

\*Ground turkey meat can be very sticky. Keep you hands lightly coated with olive oil when mixing meat and forming into meatballs.