

## Turkey Balls in Tomato Sauce

Refrigeration	2 hours
Preparation time	15 minutes
Cooking time	60 minutes
Servings	7
Cost per serving	\$2.14
Storage	3 days in the fridge. Can be frozen.
Kitchen tools	Small bowl, large bowl, large frying pan, large pot and lid, cutting board, sharp knife, measuring cups and spoons, plate, wooden spoon



## Ingredients



2 slices **whole-wheat bread**, slightly dry and broken into small pieces



125 ml (½ cup) **milk**



60 ml (¼ cup) **canola oil** (divide up: 15 ml [1 tbsp] + 20 ml [4 tsp] + 25 ml [5 tsp])



1 large or 2 small **yellow onions**, finely chopped (about 250 ml / 1 cup)



2 **garlic** cloves, finely chopped



750 g (1½ lb) **ground turkey**



1 **egg**, beaten



15 ml (1 tbsp) **soy sauce**



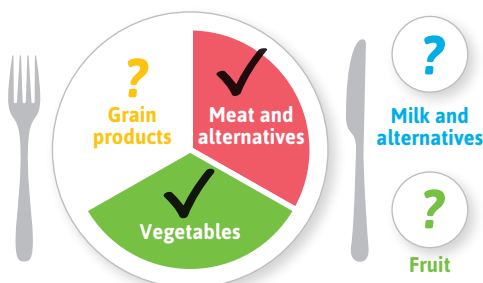
**Salt and pepper** to taste

TRY OUR TOMATO SAUCE RECIPE!



About 900 ml of **tomato sauce**

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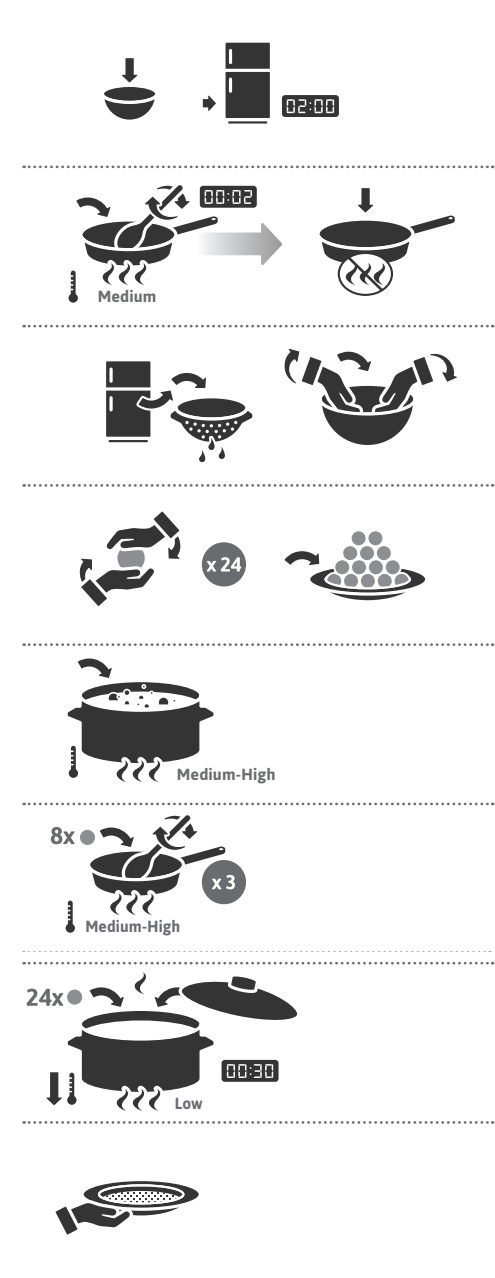
## Balanced plate

Serve with:

- ? A grain product (spaghetti, for example)
- ? Vegetables (salad or raw vegetables, for example) to round out the serving, and a fruit
- ? A glass of milk or fortified soy beverage

## Directions

- 1 In a small bowl, soak the **bread** in the **milk** and leave in the fridge for at least 2 hours before preparing the balls.
- 2 In a large frying pan over medium heat, cook the **onions** in 15 ml (1 tbsp) of **oil** until the onion is transparent (about 2 minutes). Turn off heat and add the **garlic**.
- 3 Drain the **bread** and place in a large bowl with the **turkey**, **cooked onions**, **egg** and **soy sauce**. Add **salt** and **pepper**. Using your hands, mix the ingredients thoroughly.
- 4 With your hands, roll 24 golf ball-size balls and set aside on a plate.
- 5 In a large pot over medium-high heat, bring the **tomato sauce** to a boil.
- 6 Meanwhile, in a large frying pan over medium-high heat, heat 20 ml (4 tsp) of the **oil** and brown 8 **turkey balls**. Once the balls are golden all over, transfer to the simmering tomato sauce. Repeat the action with the rest of the balls.
- 7 Once all the **balls** have been added to the sauce, cover, leaving a small space for steam to escape. Cook over low heat for 30 minutes.  
**Tip:** Use the cooking time to prepare your side dishes.
- 8 Serve the turkey balls in tomato sauce over cooked spaghetti or any other grain product of your choice.



My rating: ★ ★ ★

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This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition