

Turkey Meatballs in Spicy Cacciatore Sauce



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Recipe by: Laura Vitale

Serves 4

Prep Time: minutes

Cook Time: minutes

Ingredients

For the meatballs,

- ½ lb Ground Turkey
- 1 Tbsp Grated Onion
- 1 Small Clove of Garlic, grated
- 2 cups Sliced Mushrooms
- 1 Tbsp of Bread Crumbs
- ¼ cup Parmigiano Reggiano
- Salt and Pepper to taste
- 1 Tbsp of Olive Oil

For the sauce,

- 1 Tbsp of Olive Oil
- 1 28 oz can of Crushed Italian Tomatoes
- 1 Red Bell Pepper, cut into 1 inch chunks
- 1 Small Onion, chopped into 1 inch pieces
- 2 Cloves of Garlic, chopped
- ½ cup of Red Wine
- Pinch of Hot Pepper Flakes
- Salt and Pepper to taste
- Fresh Basil leaves

1) In a large bowl, combine together all the ingredients for your meatballs and mix with a fork. Using a small ice cream scoop, form your meatballs and put them on a plate.

2) Preheat a large non stick skillet with high sides over medium high heat, heat the oil until hot. Add the meatballs and cook until they are nice and brown on all sides. Remove to a plate.

3) In the same pan add the chopped onion, pepper and garlic, season with salt and pepper and let it cook for about 8 to 9 minutes or until the veggies develop a good brown color. Add the meatballs back in and add the wine and hot pepper flakes. Let the wine reduce for about 1 minute, then add the crushed tomatoes, season with salt and pepper to taste and partially cover the pan with a lid and lower the heat to medium.

4) Cook for about 30 minutes, stir in some fresh basil. Serve over rice, pasta or just with a chunk of crusty Italian bread. Enjoy!

