

Italian Beef & Turkey Meatball Bombs



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Italian Beef & Turkey Meatball Bombs



30 minutes



20 minutes



24 meatball bombs

2 tbsp (25 mL) canola oil, divided
1 cup (250 mL) diced onions
1 cup (250 mL) diced mushrooms
2 cloves garlic, minced
1/4 tsp (1 mL) **each** salt and pepper
1/2 lb (250 g) extra lean ground turkey
1/2 lb (250 g) extra lean ground beef

1/4 cup (60 mL) chopped parsley
1 cup (250 mL) pizza sauce
12 oz (340 g) whole-wheat pizza dough
1/2 cup (125 mL) shredded mozzarella cheese

Let's Make Lunch!

Meatball Bombs

Grape tomatoes and bocconcini kebabs
Apple slices sprinkled with cinnamon
Water

1. Preheat oven to 425°F (218°C). In a medium-sized skillet heat 1 tbsp (15 mL) canola oil over medium-high heat. Add onions, mushrooms, garlic, salt and pepper. Cook, stirring often for 5 minutes, set aside to cool. In a medium-sized bowl mix mushroom mixture together with turkey, beef and parsley. Take 2 tbsp (25 mL) of the meat mixture and roll into a ball. Repeat until the entire mixture has been used. Heat 1 tbsp (15 mL) canola oil in a large skillet over medium-high heat and brown meatballs on all sides, about 3 minutes. Pour pizza sauce over top and stir until meatballs are coated.

2. In a greased non-stick muffin pan, place about 2 tbsp (25 mL) of the pizza dough into each cup. Make a cut in the center, half way through the dough with scissors and press a meatball into the center of each pizza dough cup. Bake for 15 minutes, sprinkle each cup with cheese and bake for another 5 minutes. Enjoy hot or cold or freeze for up to three months. Remove from the freezer and microwave for 1 minute and 30 seconds or until heated through.



Nutrition Facts per meatball bomb : 75 calories; 6 g protein; 3 g fat; 8 g carbohydrate (1 g fibre; 1 g sugars; 0 g added sugars); 141 mg sodium