



VIBRANT HEALTH INTEGRATIVE NUTRITION

Turkey Meatballs

Serves 4-5; approximately 16-17 meatballs

YOU WILL NEED

- * 2 carrots or parsnips, diced
- * 1 medium onion, diced
- * 3 garlic cloves
- * the zest of 1 lemon (save the juice)
- * salt and pepper
- * 1 1/4 pound ground turkey (may substitute chicken, pork or beef)
- * 1/2 tsp ground coriander
- * 1 tsp chili powder
- * pinch of red pepper flakes
- * 2-3 tbsp avocado or coconut oil
- * juice of 1 lemon
- * 2 1/2 -3 cups bone broth
- * 2-3 tbsp chopped parsley

INSTRUCTIONS

- * Finely chop garlic cloves. Add lemon zest and 1/2 tsp salt on top of chopped garlic. Chop these 3 ingredients together. Once finely chopped, smush the garlic, lemon zest, and salt with the back of your knife to create a chunky paste.
- * Place the ground turkey in a large bowl. Dump in the "garlic, lemon, and salt paste" mixture.



TOP TIP

I use Pacific Foods bone broth for this version of meatballs. You can easily substitute your favorite marinara sauce to create an Italian style meatball dish.



- * Sprinkle ground coriander, chili powder, and chili flakes on top of the ground turkey.
- * Mix turkey and spices with your hands.
- * Form meatballs to the size you desire. I usually make them about the size of golf balls. Set aside.

- * In a 12 inch skillet or Dutch oven, heat 2 tbsp avocado or coconut over medium heat. Add the onions and carrots (or parsnips), 1/2 tsp salt, a pinch of pepper, stir well, and saute for 5 to 7 minutes.

- * Push sauteed vegetables to the edge of the pan. Add another tbsp of oil to the pan, and place the meatballs in the pan. Brown each side of the meatballs, approximately 3-4 minutes per side. The meatballs will begin to release naturally from the pan, once they have adequately browned. Tongs work well for this process.
- * Once the meatballs begin to firm up, you can use a spatula to turn them. Towards the end of the browning process, stir the vegetables into the browning meatballs.

- * Once the browning process is complete, pour the juice of 1 lemon (saved from your zested lemon) to deglaze the pan, being gentle to not break up the meatballs. Add in 2 1/2 to 3 cups bone broth (adding in more liquid if you prefer a soupier version).
- * Bring to a gentle boil, cover, and simmer for 10 to 15 minutes, or until the meatballs are cooked through completely.

Garnish with chopped parsley, a squeeze of lime, a dollop of sour cream or creme fraiche, grated parmesan or whatever you wish!