

Turkey-Apple Mini Meatballs



Sirve:

Approximately 40 meatballs; 2 - 3 meatballs per servings

Pieza:

Saladmaster Food Processor
7 Qt./6.6 L Roaster with Cover
6 Qt. (5.6L) Culinary Basket

Valora: ★★★★★

Contribuido por:

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Descripción de la Receta:

Mini meatballs are an easy to handle finger food for older babies. Incorporate sweet apples, sweet potato and simple seasonings to ground turkey for a complete meal. Make a lot of these yummy bites; they are something the whole family will enjoy.

Use the 10 Qt. Roaster cover with your 6 Qt. Culinary Basket. And make sure you have attached the Versa Loc™ handles to the basket and sauce pan before cooking to ensure easy and safe handling.

1 cup
apples, shredded, use Cone #1 (approximately 1 medium apple)
(110
g)
2 cups
sweet potatoes, scrubbed and shredded, use Cone #1
(approximately 1 medium sweet potato)
(150
g)
½ cup
onions, strung, use Cone #2
(60
g)
1 pound
lean ground turkey
(454
g)
½ teaspoon
garlic powder
(1
g)
½ teaspoon
dried basil
(.5

g)
1/4 cup
fresh parsley leaves, chopped
(15
g)
1 teaspoon
salt
(6
g)

Preparación :

1. Place 4 cups water in roaster. Set aside on stovetop.
2. Process apples, sweet potatoes and onions directly into a large mixing bowl. Add ground turkey, garlic powder, basil, parsley and salt. Mix thoroughly to combine.
3. Roll approximately 2 tablespoons ground turkey mixture into individual mini meatballs.
4. Add prepared meatballs to culinary basket in a single layer. Attach handles to culinary basket and place into roaster and cover.
5. Turn temperature to medium. When the Vapo-Valve™ clicks steadily, reduce heat to low and cook for 10 - 12 minutes.
6. Remove cover and carefully remove culinary basket from roaster, placing basket on top of a plate.
7. Remove meatballs from basket and serve warm or at room temperature.

Consejos:

- Substitute lean ground turkey for ground chicken.
- Substitute sweet potato for carrots.
- Chill mini meatballs and freeze in portion size containers or bags for an easy meal.

Información nutricional por ración

Based on 3 meatballs per serving

Calorías: 69

Grasa Total: 3g

Grasa 1g

Saturada:

Colesterol: 26mg

Sodio: 210mg

Carbohidratos: 4g

Fibra 1g

Dietética:

Azúcar: 2g

Proteína: 7g