

Cranberry Turkey Meatballs



Makes:

20 servings of 3 meatballs each (a total of 60 meatballs)

Utensil:

3 Qt./2.8 L Sauce Pan with Cover

5 Qt./4.7 L Multi-Purpose Oil Core

large mixing bowl

Rate ★★☆☆☆☆

Recipe:

[Write a Review](#)

Recipe Description:

The contrast of sweet and sour tastes that the cranberry sauce and sauerkraut bring to this delicious dish will delight the palette and bring raves from your guests. This is also the perfect recipe to bring a change to your family's standby spaghetti dish.

Meatballs

2 pounds
lean ground turkey
(907 g)
1 dry onion soup mix
1 cup
breadcrumbs
(120 g)

Sauce

$\frac{1}{2}$
cup brown sugar (73 g) 14
ounces cranberry sauce (397 g)

Directions:

1. In large bowl, combine all meatball ingredients. Use a small ice cream scoop or a teaspoon to scoop out serving size and place meat into hands. Roll palms together to create a meatball. Place meatballs into MP5.
2. In sauce pan on medium heat, combine all sauce ingredients and cover. When Vapo-Valve™ clicks turn heat to low and simmer for 10 minutes.
3. Pour sauce over meatballs, set electronic probe to a temperature of 200°F/95°C, and set timer for 1 hour.
4. Serve with toothpicks or appetizer forks.

Tips:

- Can use any type of ground meat to make meatballs.

- If using the MP5 to serve meatballs, place temperature on 150°F/65°C to keep warm.
- Make your own breadcrumbs: place leftover bread from meals in a food processor. Place crumbs in ziplock bag and freeze. You can add to this bag after every meal that has leftover bread (do not add breads that are sweet). When a recipe calls for breadcrumbs, measure and add herbs to taste.
- Easily turned into a main dish by using white rice, quinoa or pasta as a base. Add a salad and you have a delicious dinner.

Nutritional Information per

▼ Serving

Calories: 154
Total Fat: 1g
Saturated Fat: 0g
Cholesterol: 30mg
Sodium: 1052mg
Total 27g
Carbs:
Dietary Fiber: 1g
Sugar: 20g
Protein: 10g