



Turkey Meatballs

Macros: Makes 12 meatballs
130 cal 11 Protein 8 Carb 6 Fat
1 Fiber per meatball

INGREDIENTS

- 1 pound lean ground turkey, I used 93%
- ¼ cup breadcrumbs
- ¼ cup kodiak mix
- 1 tsp parsley
- 1 tsp minced garlic
- 1 tsp onion powder
- 1 egg
- ⅓ cup parmesan cheese
- 2 cups marinara, I used Primal Brand
- 1 can diced tomatoes

DIRECTIONS

1. Preheat the oven to broil and line a cookie sheet with foil sprayed lightly with non stick spray.
2. In a large bowl add everything except the marinara and tomatoes and mix well with hands until well incorporated.
3. Roll the meat into 12 even sized balls and place on the lined baking sheet.
4. Broil for about 10 minutes.
5. Spray a crockpot shell with non stick and add the marinara and tomatoes.
6. Carefully transfer the meatballs into the sauce and carefully mix to cover the meatballs with the sauce.
7. Cover and cook on low for 8 hours.
8. Enjoy with a toothpick or as part of a meal!