

TURKEY MEATBALLS & WHOLE GRAIN PENNE

409.9 calories | 5.5 g total fat | 0.6 g saturated fat | 0.0 g trans fat | 1.7 g polyunsaturated fat | 1.9 g monounsaturated fat | 50.9 mg cholesterol | 276.2 mg sodium | 59.2 g carbohydrates | 14.5 g fiber | 6.3 g sugars | 37.6 g protein



INGREDIENTS	50 SERVINGS (150 "golf ball" sized meatballs)	100 SERVINGS (300 "golf ball" sized meatballs)	200 SERVINGS (600 "golf ball" sized meatballs)
<u>Meatballs:</u>			
Carrots, small dice	1.5 cups	3 cups	6 cups
Celery, small dice	1.5 cups	3 cups	6 cups
Onion, small dice	1.5 cups	3 cups	6 cups
Mustard	3 tablespoons	6 tablespoons	12 tablespoons
Dried parsley	.75 cup	1.5 cups	3 cups
Minced garlic or garlic powder	2.5 teaspoons	5 teaspoons	10 teaspoons
Low-carb bread crumbs, plain	7 cups	14 cups	28 cups
Eggs	4	8	16
Olive oil	1.5 teaspoons	1 tablespoon	2 tablespoons
Super lean ground turkey	10 pounds	20 pounds	40 pounds
Black pepper	1 tablespoon	1.75 tablespoons	3.5 tablespoons
<u>Sauce:</u>			
Olive oil	1.5 teaspoons	1 tablespoon	2 tablespoons
Onion	1 cup	2 cups	4 cups
No-salt crushed tomato	6, 28 oz. cans	12, 28 oz. cans	24, 28 oz. cans
Water	.5 gallon	1 gallon	2 gallons
Dried thyme	1 tablespoon	2 tablespoons	4 tablespoons
Dried oregano	2 teaspoons	4 teaspoons	8 teaspoons
Black pepper	1 teaspoon	2 teaspoons	4 teaspoons
Kosher salt	1 tablespoon	2 tablespoons	4 tablespoons
Minced garlic or garlic powder	2.5 tablespoons	5 tablespoons	10 tablespoons
Dried basil	2 tablespoons	4 tablespoons	8 tablespoons
Red pepper flakes (optional)	.5 teaspoon	1 teaspoon	2 teaspoons
Whole-grain penne pasta	6.5 pounds	13 pounds	26 pounds

PROCEDURE

1. Preheat oven to 375 degrees. Prepare sheet pan by lining with parchment paper.
2. Take 1 tablespoon olive oil and coat a large saute pan. On medium-high heat, sauté carrots, celery and onion until onion is translucent. Add garlic and cook for an additional 1-2 minutes. Set aside to cool.
3. Mix ground turkey, cooled sautéed vegetables, mustard, chopped parsley, bread crumbs and eggs in a large bowl until well combined.
4. Using a small cookie scoop, scoop and shape meatballs. Place on prepared sheet pans and bake until internal temperature reaches 165 degrees for 15 seconds. Set aside and chill.
5. For sauce, sauté onion in olive oil using a large stock pot. Add garlic and cook for an additional 1-2 minutes, then add all cans of no-salt crushed tomato. Finish with adding all fresh herbs, salt and pepper. Simmer uncovered for a minimum of 2 hours on low heat.
6. Combine meatballs and sauce, reheat to 165 degrees for service or cool in refrigerator in 2-inch shallow pans. Can store up to 3 days.
7. Prepare pasta according to manufacturer's instructions, omitting salt and fat. Serve meatballs and sauce with pasta.
8. Garnish with fresh parsley and basil.



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