

Turkey Meat Balls

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Cooking time:

7 minutes

cups

Yield:	pints	12	6	4	2
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3.1

Microwave	watts	1,000			
Mixer, electric					
Plate, dinner paper	#	4	3	2	1

Eggs	#	8	6	4	2
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Beat eggs in mixer

Turkey, ground	lbs	4	3	2	1
Bread Crumbs	cuts	1	3/4	1/2	1/4
Milk	cup	1	3/4	1/2	1/4
Onion	chopped cups	2	1 1/2	1	1/2
Ketchup	spice TBSP	4	3	2	1
Parsley	spice TBSP	4	3	2	1
Worcestershire Sauce	spice TBSP	4	3	2	1
Garlic	spice teasp	2	1 1/2	1	1/2
Pepper	spice teasp	1/2	3/8	1/4	1/8
Salt	spice teasp	2	1 1/2	1	1/2

Add to mixer bowl & Mix

Make meat balls by hand or use two spoons

Put meat balls on dinner paper plate without toughing

Microwave for 7 minutes on high per plate

(Meat thermometer at 160° F)

Serve &/or Add to container(s) & Frig for days or Freezer for months

NOTE: Plastic food wrap each meat ball before freezing

NOTE: Can use oven 375° F for 45 minutes