Turkey Meatballs with Homemade Marinara Sauce

HEALTHY HACK: Replace ground beef with ground turkey for a lighter yet equally delicious meatball.

Serves: 6
Prep Time: 15 minutes
Cook Time: 40 minutes

Make-Ahead: Sauce can be made up to 2 days ahead, cooled, covered, and refrigerated. Rewarm over medium-low heat before proceeding to step 5. Meatballs can be formed up to 1 day ahead, covered and refrigerated.

Ingredients

Marinara Sauce:
3 tbs olive oil
1/2 cup finely chopped shallots
6 garlic cloves, finely chopped
1/2 cup dry white wine
Two 28-oz cans whole tomatoes, undrained
1/2 cup loosely packed torn fresh basil leaves

Meatballs:
1 1/2 cups cubed crustless Italian or French bread (about 2 oz)
2/3 cup reduced-fat (2%) milk
1/2 cup finely chopped shallots
5 garlic cloves, finely chopped
1/3 cup finely chopped fresh flat-leaf parsley
2 tbs Dijon mustard
1 1/2 tsp sweet paprika
1 large egg
2 lb ground turkey
1/4 cup olive oil
Freshly grated Parmesan cheese, for serving

Method

To make marinara sauce:
1. Heat the Curtis Stone 4-qt sauté pan over medium heat. Add oil, then shallots and garlic and cook, stirring often, for about 2 minutes, or until tender but not browned. Add wine, then add tomatoes. Crush tomatoes with a potato masher to break them up.

2. Bring mixture to a simmer, then reduce heat to medium low and simmer, uncovered, stirring occasionally, for about 25 minutes, or until liquid has reduced slightly and flavors are blended. Stir in basil and season with salt.

To make meatballs:

3. In a large bowl, combine bread and milk. Set aside for about 5 minutes, or until bread is soggy. Using your hands, mash bread mixture. Add shallots, garlic, parsley, mustard, paprika, egg, and 2 tsp salt and mix until blended. Add turkey and, using your hands, gently mix until blended. Mixture will be soft, which will ensure tender meatballs. Form mixture into 12 meatballs.

4. Heat the Curtis Stone 11-inch frypan over medium heat. Add oil. Working in batches, add meatballs and cook, turning occasionally, for about 12 minutes per batch, or until browned all over. Using a slotted spoon, transfer to a plate.

5. When sauce is ready, add meatballs and simmer for about 5 minutes more, or until meatballs are cooked through, with no sign of pink.

6. Spoon meatballs and tomato sauce into serving bowls. Sprinkle with cheese and serve.