



All for the Beef

Prep 30 mins

Cook 20 mins

Yields 24 meatball bombs

Italian Beef & Turkey Meatball Bombs



Shopping List



Extra lean ground beef
Extra lean ground turkey
Canola oil
Onions
Mushrooms
Garlic cloves
Parsley
Pizza sauce
Whole-wheat pizza dough
Mozzarella cheese
Salt and pepper

Ingredients

2 tbsp (25 mL) canola oil, divided
1 cup (250 mL) diced onions
1 cup (250 mL) diced mushrooms
2 cloves garlic, minced
¼ tsp (1 mL) each salt and pepper
½ lb (250 g) extra lean ground turkey
½ lb (250 g) extra lean ground beef
¼ cup (60 mL) chopped parsley
1 cup (250 mL) pizza sauce
12 oz (340 g) whole-wheat pizza dough
½ cup (125 mL) shredded mozzarella cheese

Instructions

1. Preheat oven to 425°F (218°C). In a medium-sized skillet heat 1 tbsp (15 mL) canola oil over medium-high heat. Add onions, mushrooms, garlic, salt and pepper. Cook, stirring often for 5 minutes, set aside to cool.
2. In a medium-sized bowl mix mushroom mixture together with turkey, beef and parsley. Take 2 tbsp (25 mL) of the meat mixture and roll into a ball. Repeat until the entire mixture has been used. Heat 1 tbsp (15 mL) canola oil in a large skillet over medium-high heat and brown meatballs on all sides, about 3 minutes. Pour pizza sauce over top and stir until meatballs are coated.
3. In a greased non-stick muffin pan, place about 2 tbsp (25 mL) of the pizza dough into each cup. Make a cut in the center, half way through the dough with scissors and press a meatball into the center of each pizza dough cup.
4. Bake for 15 minutes, sprinkle each cup with cheese and bake for another 5 minutes.



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Serve with grape tomatoes and bocconcini kebabs or apple slices sprinkled with cinnamon.

Enjoy this recipe hot or cold or freeze for up to three months. Remove from the freezer and microwave for 1 minute and 30 seconds or until heated through.

Nutrition Facts

per meatball bomb

Amount	
Calories	75
Protein	6 g
Fat	3 g
Carbohydrate	8 g
Fibre	1 g
Sugars	1 g
Added Sugar	0 g
Sodium	141 mg

notes

Recipe and image courtesy of Canada Beef <https://thinkbeef.ca/wp-content/uploads/2017/10/Italian-Turkey-and-Beef-Bombs.pdf>