



Turkey Meatball Stew

Savannah · 30/09/2024



Prep Time

50 mins

Difficult

Medium

Servings

6

Description

A onepot comfort food stew with a rich savory broth and loaded with fresh veggies and tender turkey meatballs

Ingredients

- - cooking spray - 1 pound 93% lean ground turkey - 1 cup fresh bread crumbs - 1 large egg
- lightly beaten - 2 tablespoons minced fresh parsley - 1 teaspoon Worcestershire sauce - 1 teaspoon garlic powder - ½ teaspoon Italian seasoning - ½ teaspoon onion powder - 1 pinch salt and ground black pepper to taste - ¼ cup olive oil - 1 medium onion
- chopped - 2 stalks celery
- chopped - 2 (14.5 ounce) cans fire-roasted diced tomatoes
- undrained - 3 cups low-sodium chicken broth - 2 cups cubed peeled potatoes - 1 cup peeled
- chopped carrots - 1 cup frozen peas - 1 teaspoon dried basil - ½ teaspoon crushed red pepper flakes (Optional)

Instructions

1. Preheat the oven to 375 degrees F (190 degrees C). Line a rimmed baking sheet with foil. Coat a wire rack with nonstick cooking spray
2. set on prepared baking sheet
3. and set aside. Combine ground turkey
4. bread crumbs
5. egg
6. parsley
7. Worcestershire sauce
8. garlic powder
9. Italian seasoning
10. onion powder
11. salt
12. and pepper in a large bowl. Using a 2-teaspoon cookie scoop
13. shape the mixture into 1-inch balls and place on the baking rack. Bake in the preheated oven until no longer pink in the center
14. about 12 minutes. Meanwhile
15. heat olive oil in a Dutch oven over medium heat. Add onion and celery and cook until softened
16. about 5 minutes. Add tomatoes
17. chicken broth
18. potatoes
19. carrots
20. peas
21. basil
22. and red pepper flakes; stir until well combined. Bring to a boil
23. reduce heat to medium-low
24. and simmer
25. uncovered
26. until potatoes and carrots are cooked and the broth has somewhat reduced
27. 20 to 25 minutes. Stir in meatballs and simmer until heated through
28. 5 to 7 minutes. Season stew with salt and pepper.