

Italian Turkey Meatballs



ingredients

- Italian Seasoning Blend
- Meatballs
- 1 teaspoon oregano
- 1 pound ground Turkey
- 1 teaspoon thyme
- 1 beaten egg
- 1 teaspoon basil
- 1/4 cup gluten-free oats
- 1 teaspoon garlic powder
- 1 1/2 tablespoon Italian Seasoning Blend
- 1 teaspoon onion powder

instructions

Stir all ingredients together. Roll into 2 tablespoon sized balls. Place on a parchment paper, lined baking sheet that will fit in your freezer. Freeze at least 1-2 hours (I let them sit overnight), then transfer I to freezer storage bags for keeping until you're ready to cook them.

For the Crock Pot, put as many meatballs as you want in the cooker and pour your favorite sauce over them, enough to cover. Cook on low 6-8 hours and do not stir—they'll lose their shape and you'll end up with meat sauce. Also delicious, but certainly not what you wanted when you rolled all those little babies up!!

For the Instant Pot, put a thin layer of sauce in the bottom of the pot. Place the desired number of meatballs on top. Spoon a bit more sauce on top. Close the lid and pressure cook for 15 minutes. Yes, you read that right. 15 minutes! Less time than it takes to cook the pasta! When the pot indicates it's finished, release the steam and remove the lid. For an extra healthy kick, you can throw some chopped fresh spinach in with it and cook it right in your sauce (tell the family it's fresh basil—they'll never know)

To bake in the oven, you'll need to thaw them first. Bake at 375 for 25 minutes

