

ITALIAN MEATBALLS

INGREDIENTS

- 1 lb. lean ground turkey
 - 1 cup bread crumbs
 - 1 tbsp. dried parsley
 - ¼ cup grated Parmesan cheese
 - ½ tsp. garlic powder
 - 1 egg, beaten
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PREPARATION

Do-Ahead: In a large bowl, combine ground beef, bread crumbs, parsley, parmesan, garlic powder and beaten egg. Shape into small meatballs and place on a cookie sheet. Bake in a 400°F oven for 15-20 minutes. Allow to cool completely; place meatballs in a labeled freezer bag. Allow meatballs to thaw overnight before using.

Thanksgiving Day: In the morning, throw meatballs in your slow cooker and add a jar of spaghetti sauce. Cook on low for 2-4 hours, or until meatballs are thoroughly warmed.

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