

Turkey, Habanero and Sun-Dried-Tomato Meatballs



Ingredients:

- 4 cups tomato puree
- 3 cloves of garlic
- 1 pound ground turkey
- 1 spicy mustard habanero pepper, seeded and minced
- 1 large egg
- 1/4 cup fine dry bread crumbs
- 1/4 cup oil-packed sun-dried tomatoes
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon fat-free milk
- 1 tablespoon chopped flat-leaf parsley
- 1 teaspoon dried oregano
- 1 teaspoon red pepper flakes
- Kosher salt and freshly ground pepper

Directions:

- 1) Place 1 clove of garlic, the sun-dried tomatoes, the habanero pepper and a dash of salt and pepper in a food processor. Pulse until ingredients are finely chopped and incorporated.
- 2) Transfer the mixture to a large mixing bowl and add the turkey, bread crumbs, egg, and milk. Using lightly moistened hands, roll the mixture into 1-inch round meatballs.
- 3) Add the remaining clove of garlic, tomato puree, oregano, red pepper flakes and a dash of salt and pepper to the food processor and pulse the ingredients together until smooth.
- 4) In a large sauté pan, heat the olive oil until shimmering. Add the meatballs and cook over moderate heat, turning, until golden but not quite cooked through, 5 to 6 minutes.
- 5) Add the tomato puree to the pan, cover and simmer until the sauce has thickened and the meatballs are cooked through, about 5 – 7 minutes.
- 6) To serve, transfer the meatballs to a bowl, and spoon the sauce on top. Sprinkle with the chopped parsley.