

Apple & Herb Turkey Meatballs with Fall Fusion Marinara (Whole30, Paleo)

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My favorite part of cooking is finding ways to incorporate seasonal produce throughout common dishes that everyone loves, completely changing their flavor. In addition to fresh herbs such as Rosemary, Thyme, & Sage, I decided to infuse my latest “Spaghetti & Meatball” spinoff with both Apple & Pumpkin to really give this recipe a fresh Fall taste!

My “Fall Fusion Marinara” uses Pumpkin & Coconut Milk to keep this sauce super creamy as well as Applesauce to add just a hint of sweetness. Cinnamon & Pumpkin Pie Spice are mixed with Italian Seasonings to blend all of these flavors together to perfection! Pair with a side of veggie noodles, or if you’re following a Paleo diet, serve with a side of Jovial Grain Free Penne to get your pasta on! This is without a doubt my new favorite take on Spaghetti & Meatballs and I highly recommend it! Not only is it Gluten/Dairy/Soy/Refined Sugar Free, but its DAMN tasty!

INGREDIENTS:

For the Meatballs:

- 2.5 lbs Ground Turkey
- 1 Cup Almond Flour
- 2 Gala Apples, peeled and shredded
- 2 Eggs
- 2 Tbsp Fresh Rosemary, chopped fine
- 2 Tbsp Fresh Sage, chopped fine
- 2 Tbsp Fresh Thyme, chopped fine
- 1 tsp Cinnamon
- Salt & Pepper to taste
- 2 to 3 Tbsp Coconut Oil

For the Sauce:

- 25oz Jar Whole30 Compliant Marinara Sauce
- 1 Cup Canned Pumpkin

- 1 Cup Unsweetened Applesauce
- 1 Cup Canned Coconut Milk
- 2 Onions, chopped fine
- 2 Tbsp Coconut Oil
- 1 Tbsp Italian Seasoning Blend
- 2 tsp Pumpkin Pie Spice
- 2 tsp Cinnamon
- Salt & Pepper to taste

INSTRUCTIONS:

1. Preheat your oven to 400°F and line a baking sheet with parchment paper. Heat a large skillet over medium/high heat and add 2 Tbsp Coconut Oil.
2. In a large bowl, combine all Meatball ingredients and mix together using your hands, until well blended. Once combined, divide your mixture in half and form each half into 13-14 meatballs. I was able to get 28 total.
3. Transfer 1/2 of your meatballs to the hot skillet and brown all sides, turning every 1 - 2 minutes. This should take about 5-6 minutes total. After the first 1/2 is browned, transfer them to the parchment paper lined baking sheet and repeat the process with the remaining meatballs. (You may need to add a bit more Coconut Oil to the skillet.)
4. Once all your meatballs have been browned, transfer the baking sheet to the preheated oven for 8-10 minutes, or until fully cooked through.
5. While your meatballs are cooking, heat a large saucepan over medium heat and add your 2 Tbsp of Coconut Oil. Next, add Onions and cook for 5 minutes. Once the Onions have softened up a bit, add all of the remaining Sauce ingredients to the saucepan and stir well to combine. Reduce the heat to low, cover, and let simmer for 5 minutes.
6. At this point, your meatballs should be done! Remove them from the oven and place them in the saucepan. Allow them to simmer in the sauce for about 5 minutes.
7. Remove the saucepan from heat and transfer meatballs to a plate. Serve with a side of Jovial Pasta, and smother in your Fall Fusion Marina sauce! Enjoy!

MAKES 8 SERVINGS

