

Turkey Pumpkin Fall Balls with Butternut Squash Spaghetti

www.EatCleanDragQueen.com

This seasonal spin on the classic Italian comfort food, 'Spaghetti & Meatballs' is just what you need to start feeling festive this Fall! Infused with Fresh Pumpkin and hints of nutmeg, cinnamon, ginger, & clove, this dish is a great compliment to all of seasonal baked goods that are slowly making their way into our kitchens!

Now I know some of you may be thinking "Pumpkin...in Meatballs?", but I promise you, your meatballs aren't going to suddenly taste like a Pumpkin Spiced Latte The Pumpkin used in the balls simply keeps the meat moist. All of the fresh herbs and spices used are what's going to flavor your Fall Balls to perfection! The Pumpkin Infused Marinara Sauce really ties this dish together and takes it to the next level. Pair it all with some Butternut Squash Noodles and you're literally eating Fall on a plate!

INGREDIENTS:

For the Meatballs:

- 2 lbs Ground Turkey
- 1/2 Cup Almond Flour
- 1 Cup Canned Pumpkin
- 2 Eggs
- 2 Tbsp Fresh Rosemary, chopped fine
- 2 Tbsp Fresh Sage, chopped fine
- 2 Tbsp Fresh Thyme, chopped fine
- 1/2 tsp Cinnamon
- Salt & Pepper to taste

For the Sauce:

- 25oz Jar Whole30 Compliant Marinara Sauce
- 2 Cups Canned Pumpkin
- 1 Cup Canned Coconut Milk
- 1 Cup Bone Broth (I used Beef)
- 2 Onions, chopped fine
- 2 Tbsp Coconut Oil

- 2 Tbsp Garlic, minced
- 1 Tbsp Italian Seasoning Blend
- 2 tsp Pumpkin Pie Spice
- 2 tsp All Spice
- Salt & Pepper to taste

For the Noodles:

- 1 Tbsp Coconut Oil
- 1 to 2 Packs of Butternut Squash Noodles (you can also do this yourself using a Fresh Butternut Squash and a Spiralizer)

INSTRUCTIONS:

1. Preheat your oven to 425F and line 2 baking sheets with parchment paper.
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, rolling them one by one and placing them on the parchment paper lined baking sheet. I was able to get 28 total.
3. Once all your meatballs are rolled, transfer baking sheet to the preheated oven for 8 minutes. Remove baking sheets from the oven, turn meatballs, then continue baking for another 8-9 minutes or until no longer pink.
4. While your meatballs are cooking, heat a large saucepan over medium heat and add your 2 Tbsp of Coconut Oil. Next, add in the Onions and cook for 5 minutes. Once the Onions have softened up a bit, add the Garlic in and cook for another 2-3 minutes.
5. 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 5 minutes.
7. While your meatballs are simmering, heat your remaining Coconut Oil in a large nonstick skillet over medium high heat. Add the Butternut Squash Noodles and cook until warm, tossing every so often. About 4 minutes.
8. Remove both the saucepan and skillet from heat, and divide your Butternut Squash Noodles onto plates. Smother in your Pumpkin Marina sauce and serve with 3 or 4 Pumpkin Turkey Meatballs. Enjoy!

MAKES 8 SERVINGS

