Turkey Meatballs in Tomato Butter Bean Sauce

12 turkey meatballs in bean-tomato sauce; 6 meatballs and half the bread per serving · Active 30 min · Total 1 hr 5 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

• 10 1/2 oz 93%-lean ground turkey (300 g raw)

• 1 large egg (50 g edible contents)

• 1/4 cup plain dry breadcrumbs (25 g)

• 1 medium onion (120 g prepared), divided: 40 g finely grated and 80 g diced

• 2 garlic cloves, minced (6 g)

• 1 tablespoon finely chopped parsley (5 g)

• About 1 1/3 cups fully cooked unsalted butter beans/large lima beans, well drained (240 g)

• 1 can crushed tomatoes (400 g/about 14 oz), including juice

• 1/2 cup drinking water (120 ml)

• 2 teaspoons olive oil (10 ml/about 9 g)

• 1/4 teaspoon fine salt (1.5 g), divided

• 1/8 teaspoon black pepper (0.3 g)

• 4 thin slices whole-wheat bread (100 g total), for serving

Set out

28 cm/11-inch deep skillet with lid, Mixing bowl and fork, Kitchen scale, Grater, Knife and separate raw-poultry board, Clean holding plate, Spoon or tongs, Food thermometer

Allergens

Egg, Wheat; check breadcrumbs and bread for milk, soy or sesame. Check labels and substitutions.

Make it

1. Beat egg in the bowl and stir in breadcrumbs. Add turkey, 40 g grated onion, parsley, half the salt and half the pepper. Mix gently just until combined and rest for 10 minutes. Wash hands and clean raw-poultry equipment.

2. With damp hands, divide into 12 equal meatballs, roughly 3.5–4 cm/1 1/2 inches across. Wash hands after forming the raw meatballs. Heat oil in the skillet over medium heat and brown the balls lightly for about 5 minutes, turning carefully. Transfer to a clean holding plate; they are not yet fully cooked.

3. Add the remaining diced onion to the skillet and cook for 5 minutes, stirring; add garlic for the last 30 seconds. Add crushed tomatoes, water and remaining salt and pepper. Bring to a gentle simmer.

4. Return the meatballs and any plate juices, cover loosely and simmer gently for 12–15 minutes, turning once. Add the cooked butter beans and heat for another 5 minutes. Check several meatball centers reach 165°F/74°C; simmer longer if needed.

5. Divide the 12 meatballs, beans and all sauce between 2 bowls. Serve each with 50 g of the measured whole-wheat bread.

A useful kitchen skill

Portion meatballs evenly and check their centers with a thermometer. Browning is one stage; the gentle sauce simmer finishes the ground poultry.

A useful detail

The 65-minute total includes a 10-minute mixture rest, forming and the sauce finish. Butter beans start fully cooked and drained; cooking them from dry is a separate task. The base estimate uses unsalted boiled large lima beans.

Keep it well

Refrigerate meatballs and sauce promptly in shallow containers at 40°F/4°C or below, within 2 hours or 1 hour above 90°F/32°C. Use within 3 days. Reheat the needed portion to 165°F/74°C in meatball centers and throughout the sauce. Keep bread separately according to its package.