



## All for the Beef

**Prep** 30 mins

**Cook** 20 mins

**Yields** 24 meatball bombs

# Italian Beef & Turkey Meatball Bombs

Recipe Card

## Shopping List



Extra lean ground beef  
Extra lean ground turkey  
Canola oil  
Onions  
Mushrooms  
Garlic cloves  
Parsley  
Pizza sauce  
Whole-wheat pizza dough  
Mozzarella cheese  
Salt and pepper



## Ingredients

2 tbsp (25 mL) canola oil, divided  
1 cup (250 mL) diced onions  
1 cup (250 mL) diced mushrooms  
2 cloves garlic, minced  
¼ tsp (1 mL) each salt and pepper  
½ lb (250 g) extra lean ground turkey  
½ lb (250 g) extra lean ground beef  
¼ cup (60 mL) chopped parsley  
1 cup (250 mL) pizza sauce  
12 oz (340 g) whole-wheat pizza dough  
½ cup (125 mL) shredded mozzarella cheese

## Instructions

1. Preheat oven to 425°F (218°C). In a medium-sized skillet heat 1 tbsp (15 mL) canola oil over medium-high heat. Add onions, mushrooms, garlic, salt and pepper. Cook, stirring often for 5 minutes, set aside to cool.
2. In a medium-sized bowl mix mushroom mixture together with turkey, beef and parsley. Take 2 tbsp (25 mL) of the meat mixture and roll into a ball. Repeat until the entire mixture has been used. Heat 1 tbsp (15 mL) canola oil in a large skillet over medium-high heat and brown meatballs on all sides, about 3 minutes. Pour pizza sauce over top and stir until meatballs are coated.
3. In a greased non-stick muffin pan, place about 2 tbsp (25 mL) of the pizza dough into each cup. Make a cut in the center, half way through the dough with scissors and press a meatball into the center of each pizza dough cup.
4. Bake for 15 minutes, sprinkle each cup with cheese and bake for another 5 minutes.

