Porcupine Meatballs

Ingredients:
- 1 egg
- 1 onion
- 1 pound ground turkey
- 1 cup brown rice, long-grain
- 1 teaspoon thyme
- 1/4 teaspoon pepper
- 1 tablespoon parsley
- 2 cups low sodium tomato juice

Equipment:
- Cutting board
- Knife
- Large mixing bowl
- 9 x 13 baking pan
- Measuring cups
- Measuring spoons
- Aluminum foil
- Can opener

Directions
1. Preheat oven to 450ºF.
2. Crack egg into bowl and check for shells and freshness. If it is OK, beat with a fork until well mixed. Be sure to wash hands after handling eggs.
3. Cut the ends off of the onion, and peel off the brown layers. Chop onion into small pieces. Add to bowl.
4. Add turkey, rice, onion, thyme, pepper and parsley to bowl with egg. Use your hands to gently mix ingredients together, then roll turkey mixture into balls, about the size of a penny.
5. Place in a pan big enough to hold them in one layer.
6. Bake for 15 minutes until brown. Remove from oven and reduce heat to 325ºF. Pour tomato juice over meatballs until covered. Add water if juice is not enough to cover. Cover pan tightly with lid or aluminum foil. Cook for 1 hour until rice is tender.

Number of Servings: 6
Prep Time: 15 minutes
Total Time: 1 hour and 30 minutes