

## 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

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

### Directions

1. Preheat oven to 450°F.
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 325°F. 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.

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Nutrition Facts	
Serving Size: 6 meatballs	
Servings: 6	
Amount Per Serving	
Calories 261	Calories from Fat 72
%Daily Value*	
Total Fat 8g	12%
Saturated Fat 2g	11%
Cholesterol 95mg	32%
Sodium 94mg	4%
Total Carbohydrate 29g	10%
Dietary Fiber 2g	9%
Protein 18g	35%
Vitamin A 11%	Vitamin C 28%
Iron 13%	Calcium 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

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