

# Turkey Meatballs

Submitted By: Amanda Del Gandio Time: 1 hour

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## Instructions

1. In a bowl combine all ingredients and form into 10 balls
2. Bring the chicken stock to a boil in a medium sized pot and keep at a simmer
3. Add 1/3 of the turkey meatballs and cook for 5 to 6 minutes depending on when they start to float
4. Repeat with the rest of the meatball and make sure to keep the chick stock simmering
5. Serve with brown rice for a delicious low calorie meal

## Ingredients

- 1 pound of ground turkey
- 2 cloves garlic
- Salt & Pepper
- 1/2 bag of frozen spinach (thawed & squeezed dry)
- 1/2 medium onion, diced
- Low sodium chicken broth

## Notes:

You can use chicken bullion and water instead of chicken stock and you can add 1/2 tsp of red pepper flakes to add some spice