

# Fody's Turkey or Beef Meatballs with BBQ Cranberry Sauce

MAKES 5 Servings • PREP TIME: 15 min  
COOK TIME: 15 minutes



## INGREDIENTS

1 lb. organic ground turkey or grass fed/  
finished ground beef

¼ grated pecorino romano or parmesan cheese

½ cup gluten-free breadcrumbs

¾ tsp kosher salt

¼ tsp black pepper

1 tsp dried basil

¼ cup fresh parsley, finely chopped, divided

1 egg

2 tsp dijon mustard

2 tbsp Fody's Garlic Infused Olive Oil

1 cup Fody's Original BBQ Sauce

1 can fresh/whole cranberries cooked with 1/2  
cup orange juice and dash of cinnamon until  
soft

## DIRECTIONS

1. Preheat oven to 375°F. Line a large baking tray with parchment paper.
2. To a large mixing bowl, add ground turkey, cheese, breadcrumbs, salt, pepper, basil, 3 tbsp of the finely chopped parsley, egg, and dijon mustard. Gently mix to fully incorporate.
3. Form mixture into meatballs, arranging them into rows on the parchment paper. You're looking to make 20 meatballs, and they'll be 1 to 1 ½ inches thick. Gently brush meatballs with garlic oil to top surface of meatballs. Bake for 15-17 minutes, until cooked through.
4. Meanwhile, add bbq sauce, cranberry sauce to a small saucepan over medium-low heat. Stir well and bring to a gentle simmer then cook 2-3 min, breaking up chunks of cranberry sauce. Remove from heat and very carefully blend using an immersion blender or blender if desired, for a smoother sauce. Gently toss meatballs in sauce to coat. Serve any remaining sauce as a dipping sauce. Place onto toothpicks for serving, or serve over quinoa or bed of arugula tossed in garlic infused olive oil.

### Key Takeaways

Cranberries are rich in antioxidants, support healthy skin, are anti-bacterial and protect against certain cancers.