

Veal (Turkey) Meatballs in Basil Cream Sauce
by Carole Carter
From My Carolina Home

1/4 cup breadcrumbs
2 tablespoons milk
1 lb. ground veal (or ground chicken or turkey)
1/2 tsp. garlic salt
1/2 tsp. lemon pepper
1 egg
1 tablespoon grapeseed oil
1/2 cup chopped onion
1/2 cup sliced or quartered mushrooms (optional)
1 tablespoon flour
1 cup 2% milk
1/2 cup fat free half and half
6 large fresh basil leaves, cut in chiffonade
1 tablespoon chopped fresh parsley

Combine breadcrumbs and 2 tablespoons milk, mix then let sit until milk is absorbed - about 10 minutes. Combine veal, garlic salt, lemon pepper. Add breadcrumb/milk mixture and egg, mix well. Using a 2-tablespoon scoop, make meatballs. Place a large pan over medium heat, and add grapeseed oil. When oil is shimmering, add meatballs and brown on all sides. Remove to a plate. They will not be completely done at this stage. Add onions to oil remaining in pan and sauté until softened. Add mushrooms and sauté briefly. Add flour and sauté for one minute stirring constantly. Add milk, continuing to stir until mixture thickens, then add half and half. Stir in basil and parsley. Return meatballs to sauce, cover and simmer for 15 minutes, or until done. Meatballs are done when the internal temperature reaches 150 degrees on a thermometer for veal or 160 for poultry, or until no longer pink. If sauce is too thick, thin with additional half and half. Serve over rice or noodles as desired.



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