

# JILL'S 2-MEAT MEATBALLS WITH TOMATO SAUCE

By Dr. Cindy Tanzar  
(Standard/Maintenance Plans)

Jill was kind enough to share another one of her recipes with us! It is very easy, tasty and provides plenty of servings for the family, as well. If you aren't cooking for a family, you can always freeze some of the meatballs and heat them in sauce another time or simply cut the recipe in half. You can also keep the simple tomato sauce on hand for other recipes that call for marinara. Thanks, Jill!

Makes 12 servings. One serving is 3-oz of cooked meatballs. Use 1/4-1/2 cup of sauce as a cooked vegetable, then add either a 1/2-3/4 cooked veggie on the side or 1 to 1-1/2 cups raw (depending on how much sauce used).



## INGREDIENTS FOR MEATBALLS

- 2 lbs. ground turkey
- 1 lb. grass-fed ground beef
- 2 pastured eggs
- 1 Tbsp nutritional yeast
- 1 Tbsp garlic, minced
- 1 tsp Italian seasoning
- 1 tsp Pink Himalayan salt
- 1/2 tsp ground black pepper



## INSTRUCTIONS

Preheat oven to 350°F. In a small bowl beat together eggs, nutritional yeast, garlic, Italian seasoning, salt & pepper. Add in ground turkey and beef and mix lightly. Form into balls and bake on a wire rack until internal temperature reaches 165°F – approximately 20-25 minutes, depending on size of meatballs.

## INGREDIENTS FOR SIMPLE TOMATO SAUCE

- 1 14.5-oz can organic diced tomatoes
- 1 15-oz can organic tomato sauce
- 1 6-oz can organic tomato paste
- 1 Tbsp garlic, minced
- 1/2 tsp Italian seasoning
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1/2 tsp Pink Himalayan salt
- 1 tsp nutritional yeast
- Pinch of black pepper
- Small squirt of liquid stevia or monkfruit (to cut acidity)

## INSTRUCTIONS

Add all ingredients into a medium-sized sauce pan. Simmer until thoroughly heated. Can pulse with an immersion blender for a less chunky consistency, if preferred.