

# Linguine with Italian Turkey Meatballs

Yield: 8 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-italian-meatballs-parslay-romano-bread>

## Ingredients:

- 1 pound ground turkey extra-lean
- 2 ounces pancetta or 3 strips lean bacon, not maple or brown sugar, finely diced
- 1 yellow onion small, finely diced
- 1/2 cup romano cheese freshly grated
- 1 leaf Italian parsley
- 1/4 cup bread crumbs plain
- 1/4 cup tomatoes chopped sun-dried or oven-roasted
- 2 eggs lightly beaten
- 3/4 teaspoon kosher salt
- 3/4 teaspoon ground black pepper freshly
- 2 teaspoons extra virgin olive oil
- 28 ounces diced tomatoes
- 4 garlic cloves minced or pressed
- 1/4 cup fresh flat leaf parsley chopped
- 6 ounces tomato paste
- 6 ounces water just use the tomato paste can to measure the water
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground black pepper freshly
- 1/2 teaspoon dried basil
- noodles Linguine

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 115 milligrams
4. Fat: 10 grams
5. Fiber: 3 grams

6. Protein: 18 grams
  7. SaturatedFat: 3 grams
  8. Sodium: 810 milligrams
  9. Sugar: 7 grams
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