

Toast & Thyme Meatballs

Prep Time: 10 min Cook Time: 15 minutes

Ingredients:

1 lb. ground turkey (can also use beef, lamb, or bison)
2 tsp. Paprika
2 tsp. Thyme
½ tsp. Oregano
2 tsp. Onion powder
1 scant tsp. Espresso powder
1 T. Grain Mustard
½ tsp. Kampot pepper mix from Curio Spice Co. **I know that many of you will not have this on hand, so you can sub by using 5-6 cracks of black pepper, a pinch of sea salt, and a small pinch of ginger.
1 egg
1 T. quality balsamic vinegar
1 T. coconut milk (can use regular milk if you like)
2 pcs millet toast, OR 1 pc regular multigrain toast, very well toasted and ground up.
**These kinds of bread add a great nutty flavor that you just can't get from regular wheat or white bread.

Preheat oven to 425 degrees

1) In a large mixing bowl put the pound of turkey (or other) meat, and add all seasonings, coconut milk, and breadcrumbs. Mix together thoroughly, but don't over mix, as this will make your meatballs tough. This mixture will be fairly wet, and that's what you want; this is what keeps the meatballs so wonderfully tender while cooking. However, if you find the mixture to be too wet for your tastes, just add 2-3 more tablespoons of breadcrumbs.

2) Next, using a cookie dough scoop (or spoon), scoop out small balls of meat and place on a parchment or SilPat lined baking sheet. Keep in mind, with the mixture being a fairly wet "gloopy" one, the meat won't actually form perfect ball shaped meatballs. Just drop the spoonfuls of meat onto the sheet (in more of a "haystack" shape), and keep going. Once you have the tray full, spray the tops with butter spray, or drizzle a couple drops of olive oil over each one, so the tops get nice and golden.

3) Place into a preheated oven and bake for approximately 15 minutes, or until tops are golden brown. Inner temperature of the meatballs should be 165 degrees.

**These are wonderful served with a garlic aioli or a tzatziki sauce. Enjoy!