

GROUND TURKEY 3 WAYS

seasoned and browned ground turkey, turkey lasagna, turkey meatballs

Simply follow these step-by-step directions and you'll have made three different types of turkey components for future meals with at least 6 meals for 4-6 people in the freezer in about an hour!

Start with these ingredients:

- about six pounds of ground turkey – divided in half (I used a 6+ pound package of 93% lean ground turkey from Costco)
- 1 tablespoon olive oil
- 1 garlic clove
- 1 tsp. salt
- 1 tsp. pepper

SEASONED AND BROWNE GROUND TURKEY

STEP 1:

Scramble half of the ground turkey with garlic, salt and pepper – cook thoroughly.

STEP 2:

Drain any liquid.

STEP 3:

Take out half of the cooked ground meat and place in a freezer safe container or bag. Allow to cool completely before putting in the freezer. This is your all-purpose ground turkey mixture – use in tacos, pasta sauce, chili, etc.

TURKEY LASAGNA

STEP 4:

Gather ingredients:

- about a pound and a half cooked ground turkey – this is what you have left in your pan
- 1 jar red sauce
- 1 jar white sauce
- ½ cup pesto
- 30 oz. ricotta cheese
- no-bake lasagna noodles
- 4 cups mozzarella cheese and 1 package (12 slices) sliced provolone cheese
- parmesan cheese

STEP 5:

Taste the cooked meat and add salt and pepper and Italian seasonings if necessary. Add white and red sauce to leftover meat in saucepan. Simmer on low for 15 minutes.

STEP 6:

Combine ¼ - ½ cup pesto with 30 ounces ricotta cheese.

STEP 7:

Use 2 baking dishes – I used a 9x13 pan and an 8x8 baking pan - add sauce to bottom of each pan. Layer noodles, ricotta/pesto, grated cheese and repeat until all ingredients are used up. Sprinkle parmesan cheese on the top. Add plastic wrap and foil to seal; label and freeze.

TURKEY MEATBALLS

STEP 8:

Gather ingredients:

- 3 pounds ground turkey
- ¾ cup breadcrumbs
- 2 eggs
- ½ cup half and half
- 1 tablespoon mustard
- 1 tablespoon dry parsley
- 1 teaspoon minced garlic
- 1 teaspoon salt
- ½ teaspoon pepper

STEP 9:

Mix all ingredients together in a large bowl until thoroughly combined, but don't overmix.

STEP 10:

Pre-heat oven to 425 degrees.

STEP 11:

Line 2-3 baking sheets with foil and parchment paper – spray with cooking spray.

STEP 12:

Scoop with a small scoop or use a tablespoon and form into balls with your hand.

STEP 13:

Place turkey meatballs on baking sheets and bake for 15-20 minutes or until cooked through.

STEP 14:

Cool thoroughly and place in 2-3 zip top bags and freeze until needed. I like to put the meatballs in barbecue sauce and serve as an appetizer or a meal with pasta sauce. You can also make a cream sauce and make it Swedish meatball style. The options are endless!