

## Chicken

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# Onion Turkey Meatballs

Taste of Home One -Dish Meals

**Servings: 6**

**1 cup soft bread crumbs**  
**1 envelope onion soup mix, divided**  
**1 1/2 pounds ground turkey**  
**3 cups water, divided**  
**3 tablespoons all-purpose flour**  
**hot cooked noodles or rice**

In a large bowl, combine the bread crumbs and half of the soup mix. Crumble meat over the mixture and mix well. Shape into 1-inch balls.

In a large skillet, cook meatballs in batches until browned on all sides and a meat thermometer reads 165 degrees; drain. Stir in 2 1/2 cups water and remaining soup mix. Bring to a boil. Reduce heat; cover and simmer for 10 minutes or until juices run clear.

In a small bowl, combine flour and remaining water until smooth; gradually add to the skillet. Bring to a boil; cook and stir for 2 minutes or until thickened.

Serve with noodles or rice.

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Per Serving (excluding unknown items): 222 Calories; 10g Fat (41.6% calories from fat); 22g Protein; 10g Carbohydrate; 1g Dietary Fiber; 90mg Cholesterol; 733mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 0 Fat.