



DESCRIPTION

Traditional large meatballs are so last year! Carrie keeps her cooking cool with some delicious mini-meatballs. Watch as she and her friends make a delicious homemade meal. Mama Mia!

INGREDIENTS

- 1 small onion
- 1/4 cup chopped Italian parsley
- 1 large egg
- 3 tbsp ketchup
- 3 tbsp minced garlic cloves
- 1 tsp salt
- 1/4 tsp ground black pepper
- 2/3 cup grated parmesan
- 1/4 cup panko bread crumbs
- 6 ounces ground turkey
- 6 ounces ground veal
- 6 ounces ground pork
- 1/3 cup olive oil
- 26 ounce jar of marinara sauce
- 1 package of spaghetti

TOOLS

- large boiling pot
- baking sheet
- large mixing bowl
- large frying pan
- rubber spatula
- wooden spoon

DIRECTIONS

1. Put a pot of water on the stove for boiling our pasta. Make sure you have an adult on hand to help you with the stove. Add a little salt to the pot, turn on the heat to medium-high, and then put a lid on top so our water does not boil away.
2. There are several things that need chopping and shredding. Use the grater to shred the small onion. Chop 1/4 cup of Italian parsley and mince 2 cloves of garlic.
3. Crack 1 large egg into a mixing bowl. Add 3 tablespoons ketchup, 1 tsp. of salt, and 1/4 tsp. of ground black pepper. Add the chopped parsley. Now grate 2/3 cup of parmesan cheese.
4. Add the garlic and the onion to the mixing bowl and then stir up the ingredients.
5. Add the parmesan cheese and 1/4 cup of bread crumbs and stir everything up.
6. Take 6 ounces each of ground turkey, veal, and pork add the meat to our mixing bowl and then we'll need to really stir it up so everything mixes together evenly.
7. Heat up 1/3 cup olive oil in a large frying pan. Have an adult put the burner on medium high heat.

Did you know there's a free web video for this activity with step-by-step instructions?
See all the fun activities for kids at www.activitytv.com.



COOKING

MINI-MEATBALLS

www.activitytv.com

8. Use about 2 tablespoons of the meat mixture to form the meatballs. Put each finished meatball on this baking sheet.
9. Make sure that you are very careful when working with hot oil and that an adult is always around. Do not drop your meatballs in the oil; they must be placed in the pan so that the oil does not splash.
10. Cook 5 meatballs at a time. Sauté them until they are browned on all sides, about 5 minutes. Use a slotted spoon to transfer the cooked meatballs to a plate.
11. Now that we are done cooking them, we are going to drain any excess oil out of our pan and then we are going to return our meatballs back to the pan.
12. Add a 26-ounce jar of marinara sauce to the pan and then add some salt and pepper to taste. Let the meatballs simmer in the sauce for 10 minutes.
13. Have an adult add the pasta to the already boiling water and let the pasta cook for 9 minutes or for as long as the package tells you to. Drain the pasta and then put it in a serving bowl. Have your adult helper pour the finished meatballs and sauce over the pasta. Now just toss it and serve.

Did you know there's a free web video for this activity with step-by-step instructions?
See all the fun activities for kids at www.activitytv.com.