



HOPE30 KITCHEN

♡ Hope30 Hearts of Palm Spaghetti and Turkey Meatballs

Ingredients:

- 1 pound ground beef
- 2 cloves of crushed garlic
- 2 tsp of dried basil
- pink salt and black pepper to taste
- 1 can of crushed tomatoes
- 2 tsp italian seasoning
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 package of hearts of palm pasta

Cooking Directions:

- In a bowl combine ground beef, crushed garlic cloves, basil, salt and pepper.
- Shape into meatballs and begin browning in a non-stick pan. Brown on each side.
- Combine tomatoes and seasonings, then add to the pan.
- Cook the sauce and meatballs together until the meatballs reach temperature and the flavors have come together.
- Prepare the hearts of palm according to the package.
- Serve meatballs and a small amount of the sauce over the pasta.

*This will quickly become a very favorite
Hope30 meal!*
