



Swedish Meatballs

A RECIPE BY JILLIAN MAUL

ingredients

- Meatballs:
- 2 lbs ground 93% beef
- ½ cup bread crumbs
- 2 Tbsp parsley
- 1 tsp garlic powder
- 1 tsp salt and ¼ tsp pepper
- ½ cup finely chopped yellow onion
- 2 eggs
- Cooked in:
- 1 Tbsp butter
- 2 Tbsp olive oil
- Sauce:
- 3 Tbsp butter
- 3 Tbsp flour
- 2 cups beef broth
- 1 cup heavy cream
- 1 Tbsp worcheshire
- 1 tsp brown mustard
- Salt and pepper to taste

directions

- 1. Preheat oven 350 degrees
- 2. Stir thawed meat, onion, eggs and dry ingredients and form into golf ball sized meatballs
- 3. In frying pan, cook meatballs in 1 Tbsp butter and 2 Tbsp oil until well browned. Remove to cookie sheet and bake 10 mins.
- 4. All sauce ingredients should be ready, and measured for next part because you must whisk the whole time. In same frying pan, add the rest of the butter and the flour over low heat and whisk just till melted and blended. Add beef broth and cream, then the rest of the sauce ingredients while whisking. Simmer just till thick and remove from heat.
- 5. Return the meatball to the sauce and stir to coat.

tips and tricks

- Exchange the heavy cream for fat-free plain greek yogurt for a lighter sauce.
- We enjoy served over mashed potatoes.

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