

Swedish Meatballs

Meatballs (makes about 60-70):

2 Tbs butter
1/2 yellow onion, diced
3 cloves garlic, minced
1 tsp salt
1/2 tsp white pepper
1 tsp Worcestershire sauce
3/4 cup milk
1 cup breadcrumbs
1 lb ground beef
1 lb ground pork
2 eggs

Gravy:

6 Tbs flour
3 cups beef broth
2.5 tsp Worcestershire sauce
1/2 cup heavy cream
1-2 Tbs sour cream (optional)
Salt & pepper to taste



- ✚ Meatballs: melt the butter in a skillet over medium heat. Sauté onion and garlic until translucent, about 5 minutes. To the pan, add all the spices, Worcestershire sauce, milk and bread crumbs; mix all together
- ✚ Transfer the onion mixture into a big bowl. Add the meat and eggs. Mix until combined (your hands are the best tools for this job 😊)
- ✚ Heat the oven to 400 degrees
- ✚ Spray a sheet pan with Pam and place 1.5 inch meatballs on a baking sheet. Bake the meatballs for about 15-20 minutes, or until no longer pink in the middle. At this point you can freeze 1/2 of your meatballs for another meal.
- ✚ Gravy: in a non-stick skillet brown the flour (DO NOT ADD ANY BUTTER or OIL). Let it cool in the pan for a few minutes. Pour the beef broth and Worcestershire sauce in a pan, bring to a simmer. Once the gravy starts to thicken, add the heavy cream and cooked meatballs
- ✚ Serve over hot noodles



from the Springhower kitchen. Hope you will enjoy this recipe as much as we did 😊