

# Swedish Meatballs

## Ingredients

---

2 Bread Slices (crumbed)	1/2 c Heavy Cream
1 t Butter (plus 1 tablespoon)	1 Onion (minced)
10 oz Ground Beef	6 oz Ground Pork
1 Egg	1 T Brown Sugar
1 t Salt	1/4 t Ground Black Pepper
1/4 t Ground Nutmeg	1/4 t Ground Allspice
1/8 t Ground Ginger	1/4 c Chicken Broth
3 T Flour	2 c Beef Broth
1/2 c Sour Cream	1/4 c Parsley (chopped)

# Swedish Meatballs

## Instructions

---

1. Place the bread crumbs into a small bowl, and mix in the cream. Allow to sit until crumbs absorb the cream, about 10 minutes.
2. Melt 1 teaspoon of butter in a skillet over medium heat, and cook and stir the onion until it turns light brown, about 10 minutes. Let cool in pan for 10 minutes.
3. In a bowl add cooled onion, ground beef, ground pork, egg, brown sugar, 1 teaspoon salt, 1/4 teaspoon black pepper, nutmeg, allspice, and ginger. Lightly mix in the bread crumbs and cream. Preheat oven to 350 degrees F.
4. Pinch off about 1 1/2 tablespoon of the meat mixture per meatball, and form into balls. Melt 1 tablespoon of butter in a large skillet over medium heat. Place half the meatballs into the skillet, and cook just until the outsides are brown, about 5 minutes, turning the meatballs often. Insides of the meatballs will still be pink. Repeat with the next batch.
5. Place browned meatballs into a baking dish, pour in chicken broth, and cover with foil. Bake until the meatballs are tender, about 40 minutes. Remove meatballs onto a plate.
6. Add drippings from meatballs into the skillet used for browning them and put over

# Swedish Meatballs

medium heat. Whisk the flour into the pan drippings until smooth, then gradually whisk in beef broth. Bring the gravy to a simmer, whisking constantly until thick, about 10 minutes.

7. Turn burner to low and whisk in the sour cream. Season to taste with salt and black pepper. Add the meatballs to the gravy and turn the burner up to medium low and bring to a simmer for 5 minutes. Sprinkle with parsley then mix, serve immediately over pasta.