

Swedish Meatballs

Author: Adapted for two different recipes.



1 1/2 pounds lean ground beef
1/2 pound bulk sausage, or ground veal
1/2 cup yellow onion, minced
2 large eggs, beaten
1 cup fresh bread crumbs
1/3 cup milk
1 teaspoon salt
freshly ground black pepper to taste
1/4 teaspoon ground nutmeg
1/2 teaspoon ground ginger
1/4 teaspoon dried dill weed
1/2 teaspoon ground allspice
1/4 teaspoon ground cardamom
3 cups beef stock, or canned beef broth
1/4 cup flour
2 tablespoons unsalted butter
3/4 cup light sour cream
3 tablespoons Italian parsley, minced
1 pound egg noodles

Serving Ideas: Serve as a main course with buttered noodles, or make smaller meatballs and serve as appetizers.

Per Serving (excluding unknown items): 660 Calories; 37g Fat (51.0% calories from fat); 30g Protein; 49g Carbohydrate; 2g Dietary Fiber; 201mg Cholesterol; 1383mg Sodium. Exchanges: 3 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 5 Fat; 0 Other Carbohydrates.

Carolyn T's Tasting Spoons blog:

<http://tastingspoons.com>

1. In a large bowl, mix meats and onion. Add eggs, bread crumbs, milk and seasonings. Mix well with a large spoon or your hands. Cover and refrigerate for one hour (for easier handling).

2. Shape meat mixture into 1-inch balls and arrange in a cold electric frypan. The 1 1/2 pounds of meat will make about 45 meatballs. Turn on frypan to 250° and cook the meatballs uncovered for 8-12 minutes, turning once, until the meatballs are just cooked through. (Alternately you can place the raw meatballs on a rimmed baking sheet and bake for 30 minutes at 350°.) Remove meatballs and set aside.

4. In the frypan, turned to low, add the butter and melt. Add the flour and stir vigorously to dissolve any lumps with a whisk. If necessary add a small quantity of the beef stock to the mixture to smooth it out, then add the remaining liquid all at once. Bring to a low simmer and cook for 5-10 minutes until the mixture is thickened. Taste for seasonings (will need salt and pepper), turn to low and add the cream and sour cream. Stir to combine, then add the meatballs. Cover the frypan and heat the mixture on low for about 10 minutes, until the meatballs are thoroughly warmed through.

5. Meanwhile, cook the egg noodles in salted water. When they're just barely cooked through (al dente) drain and spoon servings onto plates or wide soup bowls. Add the meatballs and drizzle enough of the cream sauce to moisten all the noodles lightly. Sprinkle the top with chopped parsley and serve immediately.