

# Savory Swedish Meatballs

## *Meatballs:*

- $\frac{1}{3}$  cup panko
- $\frac{1}{3}$  cup milk
- $\frac{1}{2}$  pound ground beef
- $\frac{1}{2}$  small onion, minced
- 2 Tablespoons fresh parsley, chopped
- 2 cloves garlic, minced
- 1 egg
- 1 teaspoon kosher salt
- $\frac{1}{2}$  teaspoon black pepper
- $\frac{1}{4}$  teaspoon allspice
- $\frac{1}{2}$  teaspoon nutmeg
- 2 Tablespoons vegetable oil

## *Sauce:*

- $\frac{1}{4}$  cup butter
- $\frac{1}{3}$  cup all-purpose flour
- 4 cups beef broth
- 3 Tablespoons Worcestershire sauce
- 1 Tablespoons dijon mustard
- $1\frac{1}{2}$  teaspoon kosher salt
- $\frac{1}{2}$  teaspoon black pepper
- $\frac{1}{2}$  cup sour cream
- 1 Tablespoon fresh parsley, chopped (garnish)

## **Preparation**

In a small bowl, combine the panko and milk, and let sit until the milk is fully absorbed.

In a medium bowl, combine the ground beef, onion, parsley, garlic, egg, salt, pepper, allspice, nutmeg, and the milk-soaked panko. Mix until fully combined and roll into about 20 small meatballs.

Heat the oil in a large skillet over medium-high heat. Working

in batches, brown the meatballs on all sides. Transfer the cooked meatballs to a casserole dish covered in foil or a low oven to keep them warm.

Prepare the sauce: return the skillet to heat and melt the butter. Add the flour and cook for 1-2 minutes, or until it turns brown. Slowly, while stirring, add the beef broth and cook until thickened. Add the Worcestershire sauce, dijon, salt and pepper. Whisk in the sour cream. Add the meatballs back to the pan, and toss to coat them in sauce.

Serve the meatballs and sauce with egg noodles, mashed potatoes or rice, and garnish with the remaining chopped parsley.

*From: <http://tiphero.com/swedish-meatballs>*