

The Best Swedish Meatballs

Ingredients

- 1 pound ground beef
- $\frac{1}{4}$ cup panko bread crumbs
- 1 tablespoon parsley, chopped
- $\frac{1}{4}$ teaspoon ground allspice
- $\frac{1}{4}$ teaspoon ground nutmeg
- $\frac{1}{4}$ cup onion, finely chopped
- $\frac{1}{2}$ teaspoon Garlic Powder
- $\frac{1}{8}$ teaspoon Pepper
- $\frac{1}{2}$ teaspoon salt
- 1 egg
- 1 tbsp. olive oil
- 5 tbsp. butter
- 3 tbsp. flour
- 2 cups beef broth
- 1 cup heavy cream
- 1 Tablespoon Worcestershire sauce
- 1 tsp. Dijon mustard
- salt and pepper to taste



Instructions

1. In a medium sized bowl combine ground beef, panko, parsley, allspice, nutmeg, onion, garlic powder, pepper, salt and egg. Mix until combined.
2. Roll into 12 large meatballs or 20 small meatballs. In a large skillet heat olive oil and 1 Tablespoon butter. Add the meatballs and cook turning continuously until brown on each side and cooked throughout. Transfer to a

plate and cover with foil.

3. Add 4 Tablespoons butter and flour to skillet and whisk until it turns brown. Slowly stir in beef broth and heavy cream. Add worchestershire sauce and dijon mustard and bring to a simmer until sauce starts to thicken. Salt and pepper to taste.
4. Add the meatballs back to the skillet and simmer for another 1-2 minutes. Serve over egg noodles or rice.

Notes

Recipe inspired by Taste of Home
magazineSource: therecipecritic.com