

● Swedish Meatballs

recipe from whatisonyourmenu.com

Ingredients:

1/4 c. fine dry bread crumbs
1/4 c. skim milk
1.5 lbs lean ground meat (combination of lean ground turkey, beef and pork* (see note)
1 tsp. salt
1/2 tsp. allspice
2 T. dehydrated onion (or 2 T. fresh onions)
1 egg, beaten
1 T butter or olive oil (optional)

Directions:

1. Mix breadcrumbs and water in small bowl and set aside for 5 minutes.
2. Work together the ground meat salt, allspice and onion. Gradually add breadcrumbs mixture and then the egg. (I use my hands).
3. Shape into balls. (I use a 1" cookie scoop.) Heat butter/oil in a skillet (or just add the meatballs straight to the pan -- they usually don't stick too badly). (*If your meat is not very lean, then you don't need the extra butter or oil when frying.*) Don't overcrowd the pan, or your meatballs will break.
4. Fry meatballs in batches over moderate heat until beautifully browned and cooked through.

Serve with steamed red potatoes or mashed potatoes. Top with IKEA cream gravy or use a brown gravy mix. Also delicious with sweet and tangy IKEA lingonberry preserves.

Notes:

**I usually buy one package (1 lb.) ground pork and divide it into four ziploc bags. Each time I make meatballs, I use one bag of ground pork and then how ever much more ground turkey or beef I want (depending on how many meatballs I want to make). My meatballs usually have a little ground pork, turkey, and beef in them.*