

Swedish Meatballs

written by The Recipe Exchange | January 28, 2014

Ingredients

1/2 lb. ground beef
1/2 lb. ground pork
1/4 cup dry bread crumbs
1 sm. onion – minced
1 egg – lightly beaten
2 Tbls. Worcestershire sauce – divided
1 tsp. garlic salt
1 tsp. ground black pepper – divided
1/4 cup vegetable oil
1/2 cup all-purpose flour
2 1/2 cups beef broth
1 cup powdered milk
1 Tbls. parsley flakes
1 Tbls. seasoned salt
1/4 tsp. ground nutmeg
8 oz. fresh sliced mushrooms – optional

Directions

In a bowl, knead together beef, pork, bread crumbs, onion, egg, 1 Tbls. Worcestershire sauce, garlic salt, and 1/2 tsp. pepper.

Form mixture into 1" balls.

Pour oil into the bottom of a 13" X 9" X 2" baking dish; place meatballs in pan; swirl pan to coat meatballs with oil.

Bake meatballs in a 400 degree oven until browned, about 15-20 minutes.

Remove meatballs from pan; set aside.

Pour drippings from pan into a large skillet or saucepan over medium-high heat; stir in flour.

Slowly whisk in broth.

Whisk in milk powder, parsley, seasoned salt, nutmeg, and remaining Worcestershire sauce and pepper.

Stir in meatballs and mushrooms.

Simmer, stirring occasionally, until mushrooms and meatballs are cooked thoroughly, about 20 minutes.