

Swedish Meatballs



Serves **4-6 people**

Ingredients

Meatballs

- 1 ½ lb ground beef or meatloaf mix
- 2 Tbsp dried onion flakes
- ¾ cup fine plain breadcrumbs - I use GF breadcrumbs
- 1 ½ tsp kosher salt
- ⅛ tsp black pepper
- 1 tsp worcestershire sauce
- 1 egg
- ½ cup milk
- 1 tbsp canola oil

Gravy

- ¼ cup flour or 2 tbsp potato starch for GF version
- 1 tsp paprika
- 2 cups beef broth
- ¾ cup sour cream
- 1 tbsp minced parsley or 1 tsp dried
- 1 tsp worcestershire sauce
- Kosher salt & pepper to taste

Preparation

Meatballs

In a medium-size bowl, mix all ingredients thoroughly with your hands. Shape into small meatballs.

In a cast-iron skillet or sauté pan, heat canola oil and add a few meatballs at a time to the hot pan, not overcrowding the pan.

Brown the meatballs on all sides and remove them from the pan.

Gravy

After removing the meatballs from the pan, sprinkle flour or potato starch over the pan drippings.

Whisk flour or potato starch into the pan drippings creating a roux. Add a tbsp of butter if there aren't enough pan drippings to make a roux.

Whisk the paprika into the roux. Whisking briskly, add the beef broth to the roux. Whisk until smooth.

Cook until the gravy thickens, then whisk in the sour cream and combine well.

Mix in the parsley and worcestershire sauce. Taste for seasoning; add kosher salt & pepper to taste.

Add the meatballs to the gravy and stir to coat the meatballs thoroughly.

On low heat, cook the meatballs for 10-15 minutes in the gravy.

Serve with buttered spätzle, noodles, or mashed potatoes.

Enjoy!