

Swedish Meatballs

Prep Time 15 minutes

Cook Time 25 minutes

Total Time 40 minutes

Yield 4 servings

Ingredients

2 tablespoons olive oil, divided

1 onion, diced

1 pound ground beef

1 pound ground pork

1/2 cup Panko*

2 large egg yolks

1/4 teaspoon ground allspice

1/4 teaspoon ground nutmeg

Kosher salt and freshly ground black pepper, to taste

1/4 cup unsalted butter

1/3 cup all-purpose flour

4 cups beef broth

3/4 cup sour cream

Kosher salt and freshly ground black pepper, to taste

2 tablespoons chopped fresh parsley leaves

Make Sausage Alfredo in 15 Min.

For the gravyInstructions

Heat 1 tablespoon olive oil in a large skillet over medium heat. Add onion, and cook, stirring frequently, until onions have become translucent, about 2-3 minutes; set aside.

In a large bowl, combine ground beef, ground pork, Panko, egg yolks, allspice, nutmeg and onion; season with salt and pepper, to taste. Using a wooden spoon or clean hands, stir until well combined. Roll the mixture into 1 1/4-to-1 1/2-inch meatballs, forming about 24 meatballs.

Add remaining 1 tablespoon olive oil to the skillet. Add meatballs, in batches, and cook until all sides are browned, about 4-5 minutes. Transfer to a paper towel-lined plate.

To make the gravy, melt butter in the skillet. Whisk in flour until lightly browned, about 1 minute.

Gradually whisk in beef broth and cook, whisking constantly, until slightly thickened, about 1-2 minutes. Stir in sour cream; season with salt and pepper, to taste. Stir in meatballs and cook, stirring occasionally, until heated through and thickened, about 8-10 minutes.

Serve immediately, garnished with parsley, if desired.

Notes

*Panko is a Japanese-style breadcrumb and can be found in the Asian section of your local grocery store.

Adapted from Jo Cooks

<http://damndelicious.net/2014/02/21/swedish-meatballs/>