**Swedish Meatballs**

RECIPE

**INGREDIENTS**

* 5 pounds ground beef
* 5 eggs
* 1 ¼ cup bread crumbs
* 2 tablespoons dried parsley
* 1 ¼ teaspoon allspice
* 1 ¼ teaspoon ground nutmeg
* 2 ½ teaspoons garlic powder
* 1 ¼ cup diced onion
* Salt and pepper
* Optional Ingredients:

garlic minced, cracker crumbs

pre-cooked Italian meatballs

**For Sauce**

* 2/3 cup butter
* 1 cup flour
* 6 cups beef broth
* 3 cups milk or heavy cream
* 2/3 cup Worcestershire sauce
* 2 teaspoons dried or fresh parsley
* Salt and pepper

**DIRECTIONS**

1. Preheat oven to 375 degrees. Prepare pan with parchment paper.
2. In a large bowl, mix together all ingredients for the meatballs.
3. Using a 1-ounce scoop, form meatballs. Place meatballs on prepared pan.
4. Bake for 20 minutes or until internal temperature is 165 degrees.
5. Heat pan to medium-low heat. Melt butter and whisk in flour until it has turned golden brown
6. Slowly whisk in beef broth and cook until thickened,
7. Add in milk or cream, Worcestershire sauce, parsley, pepper, and salt. Continue to stir until well-combined.
8. Add meatballs back into the skillet, turning to coat well.
9. To serve, place 4-5 meatballs with sauce on plate over rice or potatoes.

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| **Prep Time:** 30 minutes | **Cook Time:** 30 minutes | **Total Time:** 65 minutes | **Yield:** 20 servings |