



# Noreen's Kitchen

## Swedish Meatball Bake

### Ingredients

1 pound lean ground beef	2 tablespoons all purpose flour
1 pound ground pork	2 tablespoons butter
1 cup bread crumbs	2 cups beef stock
1/4 cup milk	2 cups mushroom stock
1/4 cup chopped parsley	8 ounces mushrooms, sliced
1 medium onion, finely chopped	1 1/2 cups heavy cream
1/2 teaspoon ground nutmeg, divided	Salt and pepper
1 egg	

### Step by Step Instructions

Preheat oven to 350 degrees.

Combine ground meat, bread crumbs, milk, parsley, onion, egg, 1/4 teaspoon ground nutmeg, 1 teaspoon salt and 1 teaspoon cracked black pepper together in a large bowl. Combine well either by hand or using a mixer just until meat mixture comes together and the ingredients are well incorporated. Don't over mix.

Roll meat into balls that are approximately 2 tablespoons each in size. Place into a large baking dish.

Sautee mushrooms in butter until they are soft.

Add flour and mix well, allowing the flour to cook until it begins to have a nutty aroma, about 30 seconds. The pan will be dry and that is what you want.

Add half of the stock to the pan and whisk to incorporate. Allow the mixture to thicken before adding the remaining stock.

Allow the sauce to cook for a few minutes to thicken again.

Add the cream to the pan and whisk well. Allow this mixture to simmer slowly for 5 minutes, stirring occasionally.

Add nutmeg and stir to combine. Taste for seasoning adding salt and pepper to taste if necessary.

Pour sauce over the meatballs. Bake for 30 to 45 minutes until bubbly and the meatballs have cooked through.

Remove from oven and stir. Allow the meatballs to sit for 10 to 20 minutes before serving. This will help them to come to a comfortable temperature as well as allow the sauce to thicken upon standing.

Serve with egg noodles, mashed or boiled potatoes or steamed rice.

**Enjoy!**