

# Swedish Meatballs



## Ingredients:

### MEATBALLS

1 pound ground beef  
1 pound ground pork or country style ground pork sausage  
1/2 cup panko bread crumbs  
1/4 cup Worcestershire sauce  
2 egg yolks  
1/2 tsp allspice  
1/2 tsp nutmeg  
1/ tsp salt  
1/2 tsp pepper

### GRAVY

1/4 cup butter  
1/2 cup all-purpose flour  
1/4 tsp ground nutmeg  
1/4 tsp ground allspice  
4 cups beef broth  
1/4 cup Worcestershire sauce  
2/3 cup sour cream  
Salt and pepper to taste  
Fresh parsley, for garnish (if desired)  
1 lb. egg noodles

## Directions:

Preheat oven to 400°. Lightly grease baking sheet. In medium-size mixing bowl, mix together ground beef, ground pork, bread crumbs, Worcestershire sauce, egg yolks, 1/2 tsp allspice, 1/2 tsp nutmeg, 1/2 tsp salt, and 1/2 tsp pepper. Form into 1-inch meatballs. Place meatballs on baking sheet and bake about 30 minutes. Gravy: Melt butter in large saucepan. Stir in flour, nutmeg, and allspice until pasty. Add beef broth and 1/4 cup Worcestershire sauce. Heat over medium-high heat until thickened. Season with salt and pepper to taste. Stir in sour cream. Add cooked meatballs. Serve meatballs and gravy over egg noodles or white rice, whichever you prefer.

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