

# Mix It Up! with Gina

## Gina's Recipe of the Week

### Swedish Meatballs

Even in the spring, you still need comfort food, especially on a rainy April day. My Swedish Meatballs are one of my family's favorite comfort foods. I like to make a batch in advance and freeze them so that I have them on hand for an easy lunch or dinner. Serve them over noodles as a delicious family meal. Enjoy! -Gina



**Prep Time: 30 mins | Ready in: 1 hour | Servings: 4-6**

### Mix It Up...

**Preheat oven to 200 degrees F.**

**In a small mixing bowl, tear white bread into pieces and pour 1/4 cup of milk over the bread. Set aside.**

**In a large sauté pan on medium heat, melt 1 tablespoon of butter and add 1/2 cup of finely chopped onions. Cook until onions are translucent in color and soft. Remove from heat and set aside.**

**In a large deep bowl, combine the bread and milk mixture with ground beef/pork/veal, 2 egg yolks, 1/4 teaspoon of salt, 1/2 teaspoon of black pepper, 1/4 teaspoon of allspice, 1/4 teaspoon of nutmeg, 1/2 teaspoon of dried dill and the cooked onions. Mix all until well combined.**

**Using your hands, shape the meatballs into 1 inch rounds, place on sheet. It will make about 30 to 40 small meatballs.**

**Heat remaining 2 tablespoons of butter in a sauté pan over medium low heat. Add meatballs and sauté until golden brown on all sides, about 7 to 10 minutes. Using a slotted spoon, transfer the meatballs to an ovenproof dish and place in the warmed oven for about 20 minutes.**

**Go back to the sauté pan, decrease the heat to low and add 1/4 cup of flour. Whisk until lightly browned, about 1 to 2 minutes. Gradually add 3 cups of beef broth and whisk until sauce begins to thicken. Add 1/4 cup of light cream, 1 tablespoon of sour cream and 1 tablespoon of mayonnaise and continue to whisk until well blended. Continue to cook until the gravy reaches the desired consistency.**

**Remove the meatballs from the oven and pour in the gravy, stirring gently to cover all the meatballs. Serve with noodles and top with fresh chopped chives.**

### Ingredients

- 2 Slices White Bread
- 1/4 Cup Milk
- 3 Tablespoons Butter
- 1/2 Cup Finely Chopped Onion
- 1/4 Teaspoon Salt
- 1 1/2 Lb. Pkg. Combo Ground Beef/Pork/Veal
- 2 Large Egg Yolks
- 1/2 Teaspoon Pepper
- 1/4 Teaspoon Ground Allspice
- 1/4 Teaspoon Ground Nutmeg
- 1/2 Teaspoon Dried Dill
- 1/4 Cup All Purpose Flour
- 3 Cups Beef Broth
- 1/4 Cup Light Cream
- 1 Tablespoon Sour Cream
- 1 Tablespoon Mayonnaise

**Stop by Foodtown to pick up all of your ingredients to make this delicious dish!**

