

Treasure Barrel

Swedish Meatballs – Classic Comfort Food

20 min Prep time	**30 min** Cook time	**50 min** Total time
4 Servings	**Medium** Difficulty	**Swedish** Cuisine

Ingredients

Meatballs

- [ ] 1/2 lb ground beef
- [ ] 1/2 lb ground veal
- [ ] 1/4 cup breadcrumbs
- [ ] 1/4 cup milk
- [ ] 1 small onion, finely grated
- [ ] 1 egg
- [ ] 1/2 tsp salt
- [ ] 1/4 tsp black pepper
- [ ] 1/4 tsp ground nutmeg

Cream Sauce

- [ ] 2 tbsp butter
- [ ] 2 tbsp all-purpose flour
- [ ] 2 cups beef broth
- [ ] 1 cup heavy cream
- [ ] 1 tsp Worcestershire sauce
- [ ] Salt and pepper to taste
- [ ] Fresh parsley, chopped (optional)

Instructions

1. In a small bowl, combine breadcrumbs and milk; let sit 5 minutes.
2. In a large mixing bowl, mix ground beef, veal, grated onion, egg, soaked breadcrumbs, salt, pepper, and nutmeg. Gently shape into 1-inch balls.
3. Heat butter in a deep skillet over medium-high heat. Brown the meatballs in batches, turning gently until all sides are golden, about 5-6 minutes. Remove and set aside.
4. Add flour to the pan drippings, whisk for 1 minute to form a roux. Slowly pour in beef broth while whisking, then stir in cream and Worcestershire. Simmer gently until thickened, about 5 minutes.
5. Return meatballs to the sauce, cover, and simmer 10 minutes until cooked through. Adjust seasoning with salt and pepper.
6. Garnish with chopped parsley and serve hot over noodles or mashed potatoes.

Nutrition per serving

420 kcal	28 g	10 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra richness, add a splash of beef stock at the end.
- If the sauce gets too thick, thin with a little more broth.
- A pinch of allspice can add subtle depth if desired.