

SWEDISH MEATBALLS



YIELD: 6 SERVINGS / PREP TIME: 15 MINUTES / COOK TIME: 25 MINUTES / TOTAL: 40 MINUTES

MEATBALL INGREDIENTS:

- 2 tablespoons olive oil, divided
- 1 onion, diced
- 1 pound ground beef
- 1 pound ground pork
- 1/2 cup Panko breadcrumbs
- 2 large egg yolks
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon garlic powder
- 1/8 - 1/4 teaspoon red pepper flakes
- Kosher salt and freshly ground black pepper, to taste

GRAVY INGREDIENTS:

- 1/4 cup unsalted butter
- 1/3 cup all-purpose flour
- 4 cups beef broth
- 3/4 cup plain full fat Greek yogurt
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons chopped fresh parsley leaves

DIRECTIONS:

1. Heat 1 tablespoon olive oil in a large skillet over medium heat. Add onion and cook, stirring frequently, until onions have become translucent, about 2-3 minutes. Add spices and sauté until fragrant.
2. In a large bowl, combine ground beef, ground pork, Panko, egg yolks, cooked onion mixture. Season with salt and pepper to taste. Using a wooden spoon or clean hands, stir until well combined. Roll the mixture into 1 1/4-to-1 1/2-inch meatballs, forming about 24 meatballs.
3. Add remaining 1 tablespoon olive oil to the skillet. Add meatballs, in batches, and cook until all sides are browned, about 4-5 minutes. Transfer to a paper towel-lined plate.
4. To make the gravy, melt butter in the skillet. Whisk in flour until lightly browned, about 1 minute. Gradually whisk in beef broth and cook, whisking constantly, until slightly thickened, about 1-2 minutes. Stir in sour cream; season with salt and pepper, to taste.
5. Stir in meatballs and cook, stirring occasionally, until heated through and thickened, about 8-10 minutes.
6. Serve immediately, garnished with parsley, if desired.

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