

# Swedish Meatballs

From Executive Chef Matt Chappell

Makes: 28-36 golf ball-sized meatballs

## Ingredients

Meatballs:	Sauce:
1 Tbsp Garlic Powder	1/3 C butter
.75 C Breadcrumbs, unseasoned	1/4 C AP flour
1/3 C Milk, 2%	1 C Beef stock, or broth
1/3 C Beef Broth (can use prepared beef bouillon)	1 C Vegetable Broth
.5 C Yellow Onion, finely minced	1 C Sour Cream
1 large egg	2 tsp soy sauce
.5 Tbsp Salt	1 tsp dijon mustard
.5 Tbsp Ground Black Pepper	Salt and pepper to taste
2 lb M5 Farms Ground Beef	

## Instructions

1. Preheat oven to 350 degrees Fahrenheit. Spray a baking sheet pan lined with aluminum foil (for easy cleanup).
2. In a medium sized mixing bowl, combine the first 8 ingredients (garlic powder through black pepper). Mix until combined with a wooden spoon.
3. Add ground beef and mix until just combined thoroughly. Try not to over-mix.
4. Using a small cookie disher, (about 2 Tbsp size) portion and roll mixture into 1 oz balls and place on sheet pan.
5. Once all balls are rolled and on pan, bake for 25-30 minutes or until the internal temperature reaches 165 degrees Fahrenheit.
6. While the meatballs are baking, heat a 12-inch fry pan over medium heat.
7. Melt the butter and whisk the flour in to create a roux. Cook until the roux is a light brown and smells nutty. Pour in the broths, sour cream, soy sauce and mustard and whisk to keep smooth. Bring to a simmer and season with salt and pepper to taste.
8. Once the meatballs are cooked, add in the meatballs to the sauce and any pan juices and stir to combine.
9. Transfer to a serving dish or crock pot to keep warm.

