



FROM THE KITCHEN OF: LINNEA RUMMAGE  
HR GENERALIST - JSG WESTMONT

# SWEDISH MEATBALLS

## INGREDIENTS

### Meatballs

- 2 tablespoons butter
- ½ yellow onion, minced
- 1 ½ teaspoons salt
- ¼ cup milk
- 2 large eggs
- 1/3 cup plain bread crumbs
- ¾ teaspoons ground black pepper
- ¼ teaspoons nutmeg
- ¼ teaspoons allspice
- 1 small cayenne pepper
- 1 lb ground beef chuck
- 1 lb ground pork

### Gravy

- 2 tablespoons flour
- 3 ¼ cups beef broth
- ½ cup heavy cream
- ½ teaspoon white sugar
- ¼ teaspoon Worcestershire sauce

## INSTRUCTIONS

Melt butter in large skillet over medium heat. Mix in onion and salt with the butter until onion is cooked all the way through; 6 minutes.

Put onion mixture into a large bowl. Add milk, eggs, bread crumbs, black pepper, nutmeg, allspice, and cayenne pepper; combine.

Mix beef and pork into bread crumb mixture. Cover and refrigerate for 1 hour.

Melt 2 tablespoons of butter in large skillet over medium heat; whisk flour into butter and cook until golden brown. Slowly whisk in beef broth.

Increase heat to medium-high, whisk cream into mixture, and bring to a simmer. Stir in sugar and Worcestershire sauce into gravy. Simmer until slightly thickened, 6-7 minutes. Season with salt and black pepper. Remove from heat and set aside.

Preheat oven to 425 degrees, line a baking sheet with aluminum foil and lightly coat foil with cooking spray.

Roll 2-3 tablespoon meatball mixture into a ball and place onto baking sheet

Bake until browned; 20 minutes or until internal temp is 160 degrees

Put meatballs into the gravy and cook over medium-low heat until warmed through, 5 minutes

*We also sometimes cook them in a slow cooker, it can just take longer for them to cook.*

"MY FAMILY IS VERY SWEDISH SO WE  
HAVE A TRADITIONAL SWEDISH  
CHRISTMAS EVE DINNER EVERY YEAR."

