



2150 Ambassador Drive | Windsor, Ontario | N9C 3R4 | 519.969.1919 | [www.williamsfoodequipment.com](http://www.williamsfoodequipment.com)

---

## Swedish Meatballs with Sour Cream Sauce

Makes about 70 1-inch meatballs

Make Swedish Meatballs for a delicious and hearty dinner -- perfect for a cool fall day! Serve these warm, savory meatballs bathed in their rich, creamy sauce on top of a bed of buttered egg noodles, and a garnish of fresh parsley. Or, serve them with a side of mashed potatoes and some lingonberry sauce. These meatballs are a great do-ahead meal -- make some now, freeze some for later.

### **Meatball Ingredients:**

1 small onion, finely diced  
1 tablespoon olive oil  
3 cloves garlic, crushed  
1 lb. ground beef  
1 lb. ground pork  
1 cup Panko breadcrumbs  
1/2 cup beef broth  
1 tablespoon parsley, minced  
2 eggs  
1/4 teaspoon ground allspice  
1/2 teaspoon Kosher salt  
1/2 teaspoon black pepper

### **Sour Cream Sauce Ingredients**

4 tablespoons butter  
4 tablespoons flour  
2 cups beef broth  
1 cup sour cream  
(additional for garnishing, if desired)  
Salt and pepper, to taste  
1 tablespoon minced parsley  
(for garnishing)

Serve with egg noodles, or mashed potatoes.

### **Directions:**

1. Preheat the oven to 400°F.
2. In a small skillet, sauté the finely dice onions in the olive oil until translucent, about 5 minutes. Add the garlic and cook for an additional 2 minutes. Cool slightly.
3. Mix the sautéed onions with the beef, pork, breadcrumbs, broth, parsley, garlic, eggs, and spices.
4. With a small scoop, spoon, or your hands, form small balls about 1-inch in diameter. Place the meatballs on a baking sheet and bake in the hot oven for 14-16 minutes or until they are cooked through and browned. (DO-AHEAD TIP: Prepare and bake the meatballs one day ahead of time and then refrigerate or freeze to use later.)
5. Prepare the sauce. In a large sauté or saucier pan, melt the butter and then sprinkle in the flour to form a roux. Stir and cook for 2 minutes. Add the beef broth and whisk until smooth. Add the sour cream. Season generously with salt and pepper. Thin with additional beef broth, as needed.
6. Add the browned meatballs to the sauce, toss to coat, and serve. Or, serve the sauce as a bed for the meatballs, or on the side. Garnish with minced parsley (and maybe an extra dollop of sour cream).
7. Enjoy these meatballs served on a bed of egg noodles or with a side of mashed potatoes for a hearty dinner.