

Swedish Meatballs

Ingredients

- 1-1/2 pounds lean ground beef
- 1/2 pound bulk sausage or ground veal
- 1/2 cup finely chopped yellow onion
- 2 eggs, beaten
- 1 cup dry bread crumbs
- 1/2 cup milk
- 1 teaspoon salt
- Freshly ground pepper to taste
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon ground ginger
- 1/4 teaspoon dried dill weed
- 1/2 teaspoon ground allspice
- 1/4 teaspoon ground cardamom
- 1/4 cup Beef Stock or canned beef broth
- 1/2 cup light sour cream

Preparation

In a large bowl, mix meats and onion. Add eggs, bread crumbs, milk, and seasonings. Mix well with a large spoon or your hands. Cover and refrigerate for 1 hour for easier handling. In the meantime, preheat oven to 400 degrees F.

Shape meat mixture into 1-inch balls and arrange on a baking sheet with a rim. Bake until lightly browned, about 10 minutes. Transfer meatballs along with juices and beef stock to a 2-1/2-quart casserole dish lightly coated with cooking spray or oil.

Reduce oven temperature to 350 degrees F. Cover and bake meatballs until heated through, about 30 minutes. Stir in sour cream and bake, uncovered, until heated through once again, 10 minutes longer.

Note:

For an hors d'oeuvre, transfer meatballs to a chafing dish and serve with toothpicks.