



# Swedish Meatballs & Egg Noodles

## directions

1. Preheat oven to 450 degrees. Line a sheet pan with foil and/or parchment paper. I used both for easier clean-up. Set aside.
2. In a large bowl using your hands mix together sausage, bread crumbs, 1/2 cup of the milk, eggs, garlic, salt and pepper to taste and allspice. Use a rounded 1 tablespoon measure to scoop mixture, using your hands to roll into meatballs. You'll have around 42-48 meatballs.
3. Bake on the prepared sheet pan until golden brown and cooked throughout for about 12-15 minutes. Turn pan halfway through the cook time. Remove pan from oven.
4. While meatballs are cooking, make the sauce. In a large skillet or saucepan, melt the butter over medium high heat. Add the flour and cook for about 1 minute while whisking. Slowly whisk in the remaining 1 cup milk and the broth. Bring to a boil, reduce heat and simmer until sauce has slightly thickened. Whisk in salt and black pepper to taste.
5. To the pan of sauce add the meatballs and gently toss to combine.

## notes

Swedish Meatballs have become world-famous since Ikea stores opened in the United States. They are a staple of Swedish cooking. The addition of allspice is one of the things that gives Swedish meatballs their own special flavor. Served traditionally with a dollop of lingonberry jelly, which is hard to find in most American supermarkets, so we used red currant. Others work well also. This is a wonderful meal for the family or a gathering of friends.

## to serve

Serve Swedish Meatballs and sauce on top of egg noodles with a sprinkle of fresh parsley and a dollop of jelly on the side.



8

*servings*

1 hr

*prep time*

20 min

*cook time*

## ingredients

2 lbs Swaggerty's Farm Bulk Sausage, Mild

3 cups Panko or Japanese bread-crumbs

1 1/2 cups milk, divided

2 large eggs, lightly beaten

3 cloves garlic, minced

Kosher salt and ground black pepper

1 teaspoon ground allspice

3 tablespoon butter

1/3 cup all purpose flour

3 cups beef broth

One 12 oz package wide Egg Noodles, cooked al dente

Fresh chopped parsley, garnish

Optional for serving: red currant, tart cherry jelly, or grape jelly

Pairs well with: Salad, tomatoes, spinach

Special Kitchen Tools: N/A